

MYSTIQ FAIR

ALL FREE
5-7pm Readings, Dream Interpretations, Healing & Destiny Words/learn about Open Visitation, Bi-location, Divine Encounter, Trances & Ecstasies

7-11pm Live Speaker & Music
at the Dolphin, Barry Island, Sat. January 16th

The Barry GEM



"Your ORIGINAL priceless weekly newspaper"

The Vale's longest serving Community Newspaper

Established 1983

Florantina Florist
Flowers for all occasions!
Specialists in funeral floral tributes
Tel: 01446 730609/701010
Park Crescent, Barry
www.florantina.co.uk

Weekly audited distribution (26 weeks) to 31/12/08 - 42,924 (GEM Series). Audited by Grinter Johnson Ltd. Chartered Accountants.

www.barry-today.co.uk

THURSDAY, JANUARY 14TH, 2010

'Don't delay, check it today' is the advice Elaine is set to inspire at Breast Cancer Care national fashion show

REPORT by TIM CHAPMAN

WHEN Eileen Nicholas from Barry walks down the catwalk at the Breast Cancer Care fashion show in Cardiff on February 24, she will be part of an event that shows the triumph of the human spirit in the face of adversity.

Three years ago, Eileen found a lump in her breast, and endured weeks of worry as to what it would mean for her.

"I discovered the lump in August 2006 and delayed going to the doctor for two months through fear.

"I instinctively felt that something was not right and was scared to have it confirmed. But in my mind I knew it was not going away, and I realised that it was stupid not to go to the doctor's."

Elaine went to the doctor and was immediately referred to the rapid access breast clinic at the University Hospital of Wales.

"The consultant breast cancer surgeon Mr Ian Monypenny said he thought there was something, and on the Tuesday I had a biopsy, followed on the Thursday by a mammogram."

Just a week before her 50th birthday, Elaine was given the news that she had breast cancer.

"Despite the diagnosis, Ian (Elaine's husband) and I threw caution to the wind and went off to celebrate my birthday with a long weekend in Barcelona."

When she returned, Elaine had a full mastectomy, a full lymph node clearance, followed by chemotherapy and radiotherapy.

"I felt so relieved that the tumour had gone.

"I had six sessions of chemotherapy and 15 sessions of radiotherapy, which lasted from October 2006 to March 2007.

"During the chemotherapy, I wore a cold cap which freezes hair follicles, and it

stopped my hair falling out.

"In November 2007, I had reconstructive surgery, which was a four-hour operation.

"There can be delays between having the mastectomy and the reconstructive surgery to give the patient time to think about whether they want to go ahead with it - some do, but not everyone does."

Elaine is thankful that despite her initial fears, she made that first visit to the doctor in 2006.

"I'd urge any woman in a similar position to go and check as soon as possible. Don't delay - they say nine out of 10 times there isn't a problem, but if there is, a woman gets treated that much quicker.

"The care and support I got from the hospitals in Cardiff including Velindre was fantastic."

She says the support of her family, including that of husband Ian, to whom she has been married for 29 years, sons James (27) and Luke (22) along with that of friends - was essential in keeping her spirits up.

Now she is due to be one of 20 inspiring models who will take to the catwalk at Breast Cancer



Elaine Nicholas: "I want people to see that after an experience like mine you can come back with a new-found confidence."

Care Cymru's fashion show at City Hall, Cardiff, on February 24.

The ethos of the event, the first of its kind in Wales, is life-affirming - to celebrate the courage of women who have conquered or live with breast cancer. "I'm incredibly excited about the show and the organisers have already taken my measurements - I understand there are quite a few changes!"

"I want people to see that after an experience like mine you can come back with a new-found confidence, better even, because your attitude changes."

Money raised from the event will go to providing specialist information and support services for women diagnosed with breast cancer.

Elaine has set up a 'just giving' page and has raised £1,250.30 so far for Breast Cancer Care Wales.

If you would like to boost her fundraising, please go to www.just-giving.com/elainenicholas.

Barclays Bank, Elaine's employer, has pledged to match the sum she raises.

If you would like to book tickets for the fashion show, telephone 020 7960 3554

Vale policeman cops Queen's Police Medal

AN assistant chief constable who was born and bred in the Vale, and inspired to become a policeman by his grandfather, was awarded a Queen's Police Medal in the New Year's Honours List.

Mr Bob Evans (46) has been recognised for a distinguished policing career spanning 28 years.

He told The GEM: "I owe much of what I have achieved throughout my career to my colleagues, and in particular to my family."

"My wife Ceri, my son Lloyd (21) and my daughter Llinos-Wyn (12) have always provided me with their unfaltering support in a career that in recent years has involved spending a lot of time from the family home."

Mr Evans' first memory of the police service was visiting his grandfather's house as a youngster.

"If my grandfather,

Edgar Hiscock, was alive today he'd be almost 100 years old.

"He served as a police officer with the MoD and I can still recall visiting him and seeing his police uniform hanging up."

"I always wanted to be a police officer and joined the force as a cadet at the age of 16."

In his late teenage years, Mr Evans cut his teeth on the beat in Barry, Barry Island and Llantwit Major, before being posted as a sergeant to Cardiff, stationed at Butetown.

By 1995, he was a chief inspector in Neath, and later held two divisional commands, Swansea North and Cardiff.

His career has meant working throughout Wales and England and from 2001-2002, he inspected 21 police divisions in the space of 24 months!

After three years as the police commander of Cardiff, he left in 2007 and graduated from the UK Police Strategic

RIGHT: Assistant chief constable Bob Evans, who has been awarded the Queen's Police Medal.



Command Course. He was seconded to the Home Office in 2008 as an assistant chief constable in the action programme tackling knife crime.

He is currently an assistant chief constable seconded to the Ministry of Justice advising on policing matters and the relationship between the prison service and police service throughout Wales and England.

Despite working in London his thoughts are never far away from Wales.

"I am immensely proud of my Vale and south Wales links and I take a more than keen interest in what is happening there."

"My father's family were from Llanharri, my mother's family were

from Llysorwney, and I grew up in Gileston.

"I went to Llantwit Major Comprehensive School and played rugby for Llantwit Major Rugby Club and Cowbridge Rugby Club."

Apart from Mr Evans' family links to the Vale, there is also one in education. He is a governor at Ysgol Bro Morgannwg in Barry, which his daughter attends.

News of the Queen's Police Medal came as a surprise.

He said: "It was total shock! I felt great pride at the news, but also humility because many police officers are equally worthy."

(Continued on page 5)

PETS 'R' US and GROOMERS

UPSTAIRS NOW OPEN

LARGE RANGE OF BIRD CAGES from £9.99 - £249

Ready to go - Budgies £12 each
Finches £12 a pair/£7 each
Canaries £28 a pair/£15 each
Java Sparrows £12 each
Many More Birds in Stock

DEALS ON REPTILES

LIVE FOOD:

1 Tub £2 • 3 Tubs £5 • 10 Tubs £15

Quality range of Dog Coats from small to large

Quality Dog and Cat Beds
Large range of Leather Collars/Leads/Harnesses
Choice of Colours

WILD BIRD CARE

Peanuts £1.20 kilo
Quality Wildbird Seed 70p kilo
Sunflower Seeds/Hearts/etc.

DOG FOOD

Feed the best feed - Official stockists for Burns, James Wellbeloved, Purina Proplan, Royal Canin

COMPLETE SETS UPS

Fish Tanks (120 ltrs) was £250 Now £180.00
39 ltr Fish Pod was £109.99 Now £85.00
19 ltr Fish Pod was £79.99 Now £59.99

1A REGENT STREET, BARRY
CF62 8DS Tel. 01446 722 228

hydrofitness

LADIES ONLY
FITNESS STUDIO
SHAPE UP
FOR SUMMER!

No men • no mirrors • no aches & Pains

State of the art Hydraulic Equipment.
Designed for all ages & fitness levels.

Get fit in 3x30 workouts a week.

Call us now on 01446 722779
for a 1week free trial

★FREE JOINING★
(UNTIL END OF JANUARY)

OPENING HOURS: MON-FRI 7AM-9PM,
SAT 9AM-5PM, SUN 10AM-4PM

Beauty Business

HEALTH & BEAUTY SALON
FACIALS • MASSAGE
MANICURE • PEDICURE

Full range of treatments available
OPENING HOURS:
TUE-FRI 10AM-6PM, THURSDAY 10AM-8PM,
SATURDAY 9AM-5PM

UNIT 1, CARDIFF ROAD,
BARRY CF63 2QW

01446 735812/01446 722779



Auditions

Adults on Friday 5th February, 2010

for Cardiff & Vale premier of

Disneys "Beauty and the Beast" 29th - 31st July

New adults please come between 7pm & 8pm

Please bring sheet music or backing track.

Senior Dancers

16 years plus...Open Auditions for "Beauty and the Beast"
Sunday, January 17th, 2010 from 6pm until 8pm

Billboard Juniors Open Auditions for 6 - 15 year olds
on Tuesday 19th January, 2010 between 6pm & 8.30pm for

"Bugsy Malone" 16th - 19th June

Please bring sheet music or backing track
and please be prepared to wait.

All auditions are held at Little Moors Community Hall
(off Cardiff Road, behind Clarke's Garage)

For information contact: 01446 400055

Frustrating wait for lights to change

IN response to the 'Scrap the traffic lights' letter in The GEM by DN Norman on December 31, I'll admit that I rarely use the Waterton roundabout at rush-hour times, but do use the A473 (B&Q) roundabout and experience similar frustrations.

For some time, I have quietly ranted at the council for having traffic lights running 24 hours a day when there seems to be no necessity.

There is little more frustrating than to sit at a deserted roundabout waiting for the lights to change.

Not only must this be costing us, the taxpayers, dearly in electricity and maintenance, but I have lost count of the number of times lights have had to be completely replaced after accidents.

The depressingly brief time when the traffic lights were not in use at Waterton convinced me that they are not necessary 24/7; queues were very rarely anything like those experienced when they were working.

I'm sure that as the traffic was flowing more naturally, it caused fewer problems at other junctions; traffic moved as a steady stream, not in clusters of cars.

Even the opening of Dunelm Mill on the roundabout did not cause 'traffic chaos'; vindication if ever it was needed.

Are we truly powerless to change (or at least debate) this relentless spread of traffic control?
Paul Durigg, Bridgend

Don't bring back this 'cruel sport'

RECENT media reports of the level of support for traditional hunting have painted a somewhat confusing picture.

On one hand, we are being told that hunting is more popular than ever – while on the other, we are being told the Hunting Act must be repealed!

If the Hunting Act 2004, which took the cruelty out of hunting by making it a crime to set dogs onto wild mammals for sport, has resulted in increased popularity, why repeal the legislation?

The truth is that sadly, some in the hunting fraternity do not accept the change to cruelty-free hunting and want to turn the clocks back to the cruelty and barbarism of the past by repealing the Act.

The European Court of Human Rights recent-

ly rejected a claim backed by the Countryside Alliance that the ban infringing an individual's human rights.

This ruling agreed with the UK High Court finding, "that hunting with dogs was cruel and the bans [in England, Wales and Scotland] were justified, as they aimed at preventing disorder, protecting health and morals, and the rights and freedoms of others".

With more than 130 people now having been convicted for breaches of the Hunting Act, surely it is high time the minority who enjoy chasing and killing wild animals for sport accepted that repealing a law which would bring back their cruel sport is simply not an option.

The only option is to Keep Cruelty History.
Douglas Batchelor
Chief Executive,
League Against Cruel Sports

W JAMES & SONS FUNERAL DIRECTORS

FONMON, RHOOSE, NEAR BARRY
ESTABLISHED 1860

Independent family business with 24 hours personal service covering Barry and the Vale of Glamorgan

PRIVATE CHAPEL OF REST

Tel Rhosee
(01446) 710096

THE COLUMN YOU WRITE

Readers' Letters

We reserve the right to edit all letters. We do NOT accept anonymous mail. Letters and emails MUST include full address and a contact telephone number. An email address alone is not sufficient. We will (in certain circumstances), protect a writer's identity, if requested. Please keep your letters brief and address them to: The Editor, Glamorgan GEM Ltd, Graig House, 53 Eastgate, Cowbridge CF71 7EL.

'PEOPLE saved the Cemetery Approach, not political parties'

PRIOR to Christmas, two letters were printed in The GEM concerning Cemetery Approach, Barry, and both letters indicated that their own political party had saved the road from housing development.

This is blatantly untrue. No political party took the slightest interest in saving the area from inappropriate development. The facts are that it was due to pressure from the Save Cemetery Approach Action Group and the amazing response from the people of Barry who signed the petition

of more than 11,300 names. They were the saviours.

The group that discovered several anomalies in the planning application is non-political, had no axe to grind – except saving a unique area of Barry.

Our town is becoming a huge housing estate, with meagre facilities and poor infrastructure to accommodate the people living in the area.

I, and many other, are still concerned about the future of the Cemetery Approach

and have asked the Vale Council for information and have indeed offered help and suggestions, with no response.

We have seen many amenities lost forever – the Lido, all cinemas and Bindles Ballroom to name just three.

When will those in power realise that Barry is the largest town in Wales and deserves better service, rather than allowing those in other areas of the Vale to dictate our future?

Dianne Hooper, Barry

Jobs and MoD St Athan college

Mr Floyd's claim in last week's GEM that the £12 billion Defence Technical College in St Athan will only create 3,000 jobs is incorrect.

I am pleased to let him and other readers of the GEM know that this figure is the estimated number of jobs on-site and does not take into account the thousands of jobs that this record investment will create in the wider economy.

This figure also does not factor in the potential 2,000 jobs which will be created by the Welsh Assembly Government's Associated Aerospace Business Park at the site.

If we all pull together to maximise the benefits of the Defence Technical College, the St Athan project has the potential to create more than 5,000 jobs.

Alana Davies, (Labour parliamentary candidate, Vale of Glamorgan)

No support for lights?

THANK you for printing my letter in last week's GEM. Judging by the other letters from readers, it seems that all are in favour of dispensing with traffic lights at Waterton. It is noted that there are no letters to support the retention of same. Does this indicate a conclusion? Lyn Howells, Coychurch

• Footnote: If you do have an opposing view on roundabout traffic control, write to us at the address given below, or email ggem@internet-today.co.uk

Landmark search

Endemol television, an independent television production company, is working with the BBC on a landmark prime-time BBC2 historical property series.

The programme aims to highlight the plight of spectacular historical properties. If you are renovating a property, interested in being part

of the series, and want to discover more about its structural and social history, call 0333 577 7740, or e-mail homes@endemoluk.com with your name and a few details of your property. (Calls from landlines are charged at 1p per minute and mobile costs may vary) Sarah Wann, researcher

Questions over gritting policy

TODAY, for the second time, we contacted the local council, to ask for our road to be gritted on our small estate (Churchfields, Barry), as it was iced up under the snow.

There are three gradients to be manoeuvred, before you can reach Pencoeit Road, which is a main road and a bus route, that had been gritted.

We were informed that as it was not a main highway, this was impossible!

Imagine our surprise, when we found out that the road on the estate adjoining ours had been gritted, although it is not a main road or on a bus route.

Could it possibly be because the Mayor of Barry lives in this road? Is it one rule for them and one for us? We are all ratepayers and should receive the same treatment. We all have to get to work – is the Mayor's job more important than the rest of us?

I hope that this letter

will enlighten all of Barry's ratepayers, who have struggled to get to work these past few days along ungritted roads. Tom Arthur, Barry

Footnote: The Vale Council's operational manager (highway maintenance) Andrew Loosemore explained: "The council has received an unprecedented number of requests for salting and grit bin filling, and this has placed a heavy demand on resources and salt stocks."

"A decision was taken last week to only salt the critical road network and attend to other requests on a priority basis. Unfortunately, it would appear that not all requests were able to be dealt with prior to this decision being made."

"Priority lists are decided upon as part of the council's winter service plan and a current list of the critical road network can be viewed on the council website."

"We will, however, endeavour to continue to attend to any outstanding requests as and when resources make that possible."

USEFUL VALE INFORMATION

CRIMESTOPPERS 0800 555111
(Emergency number 999)

COASTGUARD 01792 366534

FLOOD LINE 0845 9881188

HELPLINES

Alcohol and drugs:

Drinkline 0800 9178282

National Drugs Helpline 0800 776600

DASH 01656 650686

SSAFA – Forces Help for serving and ex-service men, women and families 01656 785435

RAF Association Welfare Officer

01495 249522/01446 740522

SAMARITANS (emotional support)

01656 662333

VALE WOMEN'S AID 01446 744755

MENTAL DISTRESS

(Mental Health Matters) 01656 767045

Mental Health Helpline:

Freephone 0800 132 737

MIND in the Vale of Glamorgan

01446 730792 or www.mindinthevale.org.uk

CHILDLINE 0800 1111 -

www.childline.org.uk

Rape Crisis Centre 08451 221331.

RSPCA 0300 123 0744. MIND 01446 746191.

AIDS helplines 0800 567123.

Child abuse – NSPCC 0800 800 5000.

Alcoholics Anonymous – (24 hours) 0845 7697555.

Drug Aid (24 hours) 02920 881000.

Inroads Drugs Project – 42, Holton Road, Barry. 01446 404040.

Vale Victim & Witness Support -

Barry Magistrates Court, Thompson Street, Barry CF63 4SX. 01446 730704.

MP & AM's SURGERY TIMES

To make a surgery appointment with John Smith MP, contact the constituency office (01446) 743769. Office hours are 9am-5pm. Answerphone service outside office hours.

To make a surgery appointment with Jane Hutt AM, contact the constituency office (01446) 740981. Office hours are 9am-5pm. Answerphone service outside office hours.

CITIZENS' ADVICE

At 119 Broad Street, Barry. Drop in Mon-Fri (not Weds) 9.30am - 11.30am (Wed 4-6pm); at Llantwit Major Youth Centre, Station Road 9.30am - 11.30am Mon and Fri. Telephone advice 0845 120 3756. Further information www.advicecymru.org.uk

EMERGENCY SERVICES

Police - Gladstone Road, Barry; for normal service 01446 734451; in emergency 999. Fire - South Wales Fire and Rescue Service, Pontyclun 01443 232000; in emergency 999. Coastguard - Regional Office, Swansea 01792 366534; in emergency 999.

Gas - Gas emergency number 0800 111999. Electricity - Emergency 0800 0520400; Water - Emergency 0800 052 0130; supply 0800 0520130.

Trading Standards Consumer Advice Centre - Civic Offices, Holton Road, Barry; hours of opening for telephone enquiries - Monday to Thursday, 8.30am-5pm; Friday 8.30am-4.30pm on 01446 700111. For personal visits, Monday to Thursday 9am-4.30pm. Friday 9am-4pm. Recycling Hotline, 01446 700111.

To report a fly tipping incident - 01446 700111.

HOSPITALS

The Barry Hospital - visiting 2pm-8pm each day, 01446 704000. Llandough - Wards have individual visiting times. For details call 029 2071 1711. Princess of Wales - 01656 752752/668090.

For Out Of Hours Chemists, call the Vale of Glamorgan Local Health Board on 02920 350600, or NHS Direct Wales on 0845 4647.

The GEM - A family owned newspaper covering Penarth to Porthcawl!

"We hope you enjoy your GEM"

CAROLINE

ATTYA

General Manager

& Editorial Director

CLARE GORE

Assistant to

General Manager

"We aim to use

all local news

items submitted"

Please email us at:

ggem@internet-today.co.uk

DON JOHN

Editorial Manager

Professional

advertising staff are

highly experienced in

planning advertising

campaigns.

Please

email your enquiry to

gmsales@internet-today.co.uk

Enquiries concerning

payment of accounts

may be discussed with

our Accounts Manager

MARGARET

VANDERWARKER

on 01446 774484

VISIT OUR

WEBSITES:

cowbridge-

today.co.uk

barry-today.co.uk

llantwit-major-

today.co.uk

bridgend-today.co.uk

For all enquiries

concerning the

distribution of

this newspaper,

please telephone

01446 774484

All advertisements

are accepted under

our conditions of

acceptance.

A copy of this is

on display at our

Cowbridge office,

or will be sent out

upon request

Write to us at:

GLAMORGAN GEM,

GRAIG HOUSE,

53 EASTGATE,

COWBRIDGE,

CF71 7EL

Tel: 01446 774484

or email us at:

ggem@internet-today.co.uk

'Deeply disappointing news' Docks plan is appealed by company

A BARRY councillor has described news that an energy company is to launch an appeal, after it failed to get permission to build a plant in the docks area, as "deeply disappointing".

Sunrise Renewables (Barry) Ltd wants to build a woodburning facility, and is now appealing to the Welsh Assembly to reverse a council decision preventing it from doing so.

Last July, a coalition of local residents and councillors was celebrating after the Vale Council's planning committee had voted down a proposal to build a wood incinerator at the docks.

One thousand residents from Barry Island, the Waterfront, the Dock View Road area and Sully, had signed a petition against it.

Vale Labour councillor for the Castleland ward, Chris Elmore said he remained determined to oppose the plant.

"The news that Sunrise are going to appeal the decision of the planning committee is deeply disappointing."

"Along with my colleague, Coun Pamela Drake, I will be making representations to the inspector, and would encourage any residents who have concerns about the development to do the same."

Coun Elmore added: "Barry

needs leisure and recreational facilities to come to the area, if we are to improve the town, rather than bio mass plants!"

Regional AM Chris Franks has asked for an environmental impact assessment to be carried out, following news of the appeal. He explained: "This application has caused a great deal of concern. There are serious questions that the planning inspectors have to answer. Residents are worried about the risk to their health and properties."

"The inspectors have stated that the incineration is unlikely to have a significant effect on the community."

"Plaid considers it is important that the fears of residents are properly addressed and I believe it is fair and reasonable for an environmental impact assessment to be carried out, before further consideration is given to this application."

"In the meantime, I have asked the inspectors to justify their view that the incineration plant will not affect the public."

When the Vale Council rejected the proposal in the summer, a spokesman for Sunrise Renewables (Barry) Ltd said the company was extremely disappointed and would consider an appeal, pointing out: "The decision clearly went against the recommendations and technical advice of officers."

'Town needs independent thinking...' say FocusBARRY

THE FocusBARRY group has released a draft set of values and principles to let people in the town know what is motivating it.

As The GEM reported last week the group is concerned at neglect of the town and is seeking support from the public to tackle local issues, to lobby service providers and to support independent candidates at the next county council elections.

It is holding a meeting at the YMCA HUB, Court Road at 7pm on January 22, to gauge whether there is support for the group.

The group says its principles include the need to review payments for councillors, promoting open decision taking, and that any affiliated independent councillors not having to obey a party whip.

The group insists that the first responsibility of councillors should be to represent their ward.

Derek Hooper of FocusBARRY, said: "These draft principles are intended to promote a discussion when members meet about the way forward for the group."

"We want to test out these ideas through debate when there is a wider membership."

Another group member, Brian Osbourne, added: "We think Barry would be better served by councillors who are not controlled by loyalties to the same old political parties or the council."

"We want them to focus more on what's best for Barry and not political careers or the strategy of council officials."

If people are interested in attending the meeting or want to declare their interest in FocusBARRY they can write to 1, Lewis Street, BARRY, CF62 6JW; leave a message on 01446 721019; or email FocusBARRY@live.co.uk

WINTER CHILL HAS 'SNOW' EFFECT... 'Business as usual' say Island traders

Barry Island traders say that despite snow and freezing winds whipping off the Channel, whatever the weather, it is business as usual.

Jamie Crole, whose family has owned Carousel, an amusement arcade for 40 years, told The GEM: "We're still doing our normal business hours, despite the bad weather."

"What we've noticed is that there are fewer older people coming out, because they are being careful due to the icy pavements."

"When the schools are off, though, we do get more children."

Mr Crole explained that the weather will always be a defining factor for Island businesses.

"If the sun is out, it makes a big difference. Boxing Day and New Year's Day were good for trading, because it was nice and clear."

"Even if it's cold outside, we always keep it warm in here, and we serve hot drinks, too."

"My message is that it's business as usual. I'm sure that when the cold snap comes to an end, numbers will go up."

That sentiment was echoed by Dave Rayer, manager at nearby Ceasars Palace. He told The GEM: "It has been harder because of the weather, but with schools closed, we have had more children coming in."



ABOVE: Jamie Crole of Carousel amusements says that Island traders are determined to stay open in the face of the extreme weather.

W. H. PREENE & SON
INDEPENDENT FUNERAL DIRECTORS
Cadoxton Funeral Home
W. H. PREENE & SON
Est 1946
24 hour Service
PRIVATE CHAPEL OF REST
PRE-PAID FUNERAL PLAN AVAILABLE
54 MAIN STREET, CADOXTON
Telephone 01446 420520

RAFFLE WINNERS

IN the parish of Porthkerry and Rhoseo Christmas raffle ticket number 710801 won the first prize of a festive hamper.

Other prize winning numbers for meat joints were: 710664, 001664, 001026, 002028 and 001607.

The winning numbers of the St Peter's Church, Rhoseo 100 Club draw have also been announced as follows: 94, 62, 47, 38, 74, 61 and 118.

NUTRITIOUS • WHOLESOME • NATURAL • FRESHLY PREPARED • HEALTHY • FRESHLY PREPARED • HEALTHY • TASTY • NUTRITIOUS • WHOLESOME • NATURAL

TIFFIN rasoi

TAKEAWAY & DELIVERY
Pure & Fresh Real Indian Food To Go...

Authentic Indian flavours transformed into a contemporary gourmet experience

FREE EXPRESS DELIVERIES ON ALL ORDERS OVER £10

SAVE 10% ON ALL COLLECTION ORDERS

BUSINESS HOURS:
Sunday - Thursday 5.00 pm - 11.00 pm
Friday - Saturday 5.00 pm - 11.30 pm

All major Credit/Debit cards accepted

"Very tasty dishes and prompt service, the staff are very pleasant and I look forward to ordering my next Lahsooni Murgh Tikka."
Mrs C Owens, Barry

No artificial colourings, flavourings, preservatives or GM ingredients

Watch! your food being cooked while you wait

37 Holton Road, Barry
01446 743030 / 721100
info@tiffinrasoi.com
Web: www.tiffinrasoi.com

A SMALL SELECTION FROM OUR MENU
(For a full list visit our website www.tiffinrasoi.com)

APPETISERS

Tandoori Mahi Tikka	£3.25	Aloo Chaat	£2.10
Chicken Tikka	£2.60	Gosth Ki Boti	£2.60
Chicken Jhinga	£3.95	Chilli Paneer	£2.25
Sheek Kebab	£2.40	Chicken Pakora	£2.70
Machi Tikka	£2.25	Samosa	£1.85
Murgh Tikka Chaat	£2.75	Onion Bhaji	£1.75
Mixed Tandoori	£2.95	Tiffin Platter	£5.50

FROM THE TANDOOR

Tandoori Murgh	£5.50	Hariyali Murgh Tikka	£5.50
Gosth Ki Boti	£5.50	Tandoori Jhinga	£7.50
Tandoori Chicken	£5.95	Tandoori Thali	£7.95

TIFFIN RASOI EXCLUSIVES

Firdousi Murgh Korma	£5.95
Murgh Tikka Makhani	£5.75
Meen Moiley	£7.95
Macher Kalia	£8.50
Murgh Jalfrazi	£5.50
Lahsooni Murgh Tikka	£5.95
Murgh Pasanda (also available in Lamb)	£5.75
Korahi Murgh	£5.50

CHEF'S SPECIAL

Murgh Palak Paneer	£5.95
Maharaja Bhuna	£5.95
Laal Maas	£5.75
Chicken or Lamb Tikka Masala	£5.50

BIRYANI DELICACIES

Maharaja	£7.50	Laziza	£6.95
Chicken Tikka	£6.75	Lamb	£5.75
Chicken	£5.75	Vegetable	£4.75

BALTI SPECIALITY DISHES

Chicken Balti	£4.75	Lamb Balti	£4.75
Chicken Tikka Balti	£5.25	Balti Exotic	£5.50
Rice	£1.55	Balti with spinach, mushrooms or vegetable extra	50p

TIMELESS CLASSICS

Choose from Chicken or Lamb	£4.65
Prawns	£4.90
Veg	£3.65
King Prawn	extra £2.75
Chicken Tikka	extra 50p
Korma/Madras/Vindaloo/Pathia/Dhansak	
Saag/Rogan/Bhuna/Dopiazza/Curry	

SPECIAL VEGETARIAN DISHES AVAILABLE

SIDE ORDERS

Saag Paneer	£2.10	Zeera Aloo	£2.10
Saag Aloo	£2.10	Aloo Baingan	£2.10
Khumb Palak	£2.10	Pulao Rice	£1.75
Rice	£1.55	Keema Pulao	£2.20
Mushroom Pulao	£2.20	Keema Nan	£1.75
Nan	£1.50	Garlic Nan	£1.75
Peshwari Nan	£1.75	Chilli-Coriander Nan	£1.75
Cheese Nan	£1.75	Papadom	£0.45
Chutney	£0.60	Chips	£1.25
Aloo Gobi	£2.10		

Chef's flavours of the month
This month our executive chef has dreamed up a heavenly collection of mouth-watering dishes. This tempting selection is only available until the end of January so now is the time to head for Tiffin Rasoi to taste the finest and freshest Indian food on offer.

GARLIC SURPRISE - Dish cooked in medium spiced sauce with lots of fresh garlic and coriander making this the real Garlic Surprise! Chicken Tikka or Lamb Tikka.

GOA GREEN CHICKEN - Succulent pieces of tandoori chicken cooked in a variety of fresh green herbs & spices, peas, green chillies and green beans.

MANGO LAZEEZ - A mild sweet dish for the mango lovers. Chicken Tikka or Lamb Tikka.

£5.50 each

Look on the website or call for details of our Monthly Specials! New dishes all the time!

CHEF'S SPECIAL FREE 2 cans of coke on collection

- 1 Onion Bhaji
- 1 Keema Samosa
- 1 Chicken Tikka Masala
- 1 Maharaja Bhuna
- 2 Pulao Rice
- 1 Nan
- 2 Papadom
- 1 Onion Salad

ONLY £15.95

This offer is not valid in conjunction with other offers.

MEAL FOR 2 FREE 2 cans of coke on collection

SAVE OVER £7

- 2 Appetisers (up to value of £2.75)
- 2 Main Dishes (up to value of £5.95)
- 2 Pulao Rice
- 1 Plain Nan Bread
- 1 Side Dish
- 2 Papadoms
- 1 Onion Salad
- 1 Mango Chutney

ONLY £18.95

This offer is not valid in conjunction with other offers.

MEAL FOR 4 FREE Bottle of coke on collection

SAVE OVER £14

- 2 Appetisers (up to value of £2.75)
- 2 Main Dishes (up to value of £5.95)
- 4 Pulao Rice
- 2 Plain Nan Bread
- 2 Side Dish
- 4 Papadoms
- 2 Onion Salad
- 2 Mango Chutney

ONLY £35.95

This offer is not valid in conjunction with other offers.

Stay Loyal to the Tiffin with a Tiffin Rasoi Loyalty Card
To say a big thank you to all our regular customers, we're launching the Tiffin Rasoi Loyalty Card. Loyalty card holders will also be able to benefit from exclusive deals. Sign up now and stay loyal to the Tiffin.

New Year Raffle
WIN A MEAL FOR 2
when you sign up for Tiffin Rasoi Loyalty Card
To save time you may complete the following voucher for entry to be handed in on delivery or collection. This entry will also entitle you to a special membership Loyalty Card to be issued in January 2010.

Name
Address
Post Code
Tel. No.
Email
(to be drawn 31.1.10)

SPECIAL MEAL DEAL
1. Any two Appetisers*
2. Any two Curries*
3. 2 Pulao Rice & 1 Naan Bread
4. 2 Papadom & onion salad
*up to the value of £2.75 *up to the value of £5.95
All this for only £15
These deals are not valid in conjunction with any other offer. Vouchers must be presented.
VALID UNTIL 31st JANUARY 2010

£5 CASHBACK
Just place a Take-Away Order of £20 or more to receive your £5 Cashback
Valid any day until 31-01-10. Just let us know you are using this voucher. Please only use one voucher per order. These deals are not valid in conjunction with any other offers.

£5 CASHBACK
Just place a Take-Away Order of £20 or more to receive your £5 Cashback
Valid any day until 31-01-10. Just let us know you are using this voucher. Please only use one voucher per order. These deals are not valid in conjunction with any other offers.

Council Leader goes through petition with fine-tooth comb

LOCAL campaigners are up in arms, after the Leader of the Vale Council, Coun Gordon Kemp, appeared to question the legitimacy of a recent petition.

The petition in question was against the planned closures of council cash offices in Cowbridge, Llantwit Major and Penarth.

The petition for Cowbridge and Llantwit was co-ordinated by Vale AM Jane Hutt and

Coun Gwyn John of Llantwit Major, and 957 people signed the Llantwit Major part, while around 400 signed in Cowbridge.

The Vale Council argues that savings of £148,000 need to be made, and that the cash office closures will generate £117,000 of that.

However, a row blew up at a council meeting when Coun John pressed Coun Kemp on the subject, asking whether the cash could be saved by no longer paying for councillors

and council officers to go on twinning visits.

In his reply, Coun Kemp revealed that he had asked council officers to scrutinise the Cowbridge element of the petition, and had found one person whose address was in Italy, and others who were not on the electoral roll.

An angry Coun Gwyn John told The GEM: "I was staggered by this reply. Finding a few names in this way does not damage the integrity of the petition in any way. We are talk-

ing about more than 1,300 in total. Besides, these people could still have a perfectly valid reason for expressing an opinion."

He continued: "However, what really surprises me is the waste of officer time that this involved."

"How much did that cost?"

Vale AM Jane Hutt had similar reservations, saying:

"A substantial petition signed by more than 1,300 people who were opposed to the clo-

sure of the Vale Council offices in Llantwit Major and Cowbridge, was presented to the Vale Council Leader Gordon Kemp, by myself and Coun Gwyn John.

"This demonstrated the strong concerns of local people who wanted their views to be considered by the Vale Council cabinet."

"I am concerned that the views of so many people living in the rural Vale appear to have been disregarded by the Vale Council, and I am

also concerned about the legitimacy of the action taken as regards the rights and status of petitioners, as petitioning is a fundamental tenet of our democratic entitlements."

"In all, I am very concerned about the way this petition has been handled, and have written for clarification of the council's petitions policy."

She added: "I still hope to see a reversal of this unpopular decision."

However, in a reply to The GEM, Coun Kemp said that the search had not cost anything.

The head of financial services, Clive Teague, explained: "The council has an up-to-date test system which is used for enquiries – and the partial petition check, in this instance, was undertaken during a short period when the live system was down for maintenance."

"Staff were able to undertake this work without any impact on the service, and returned to normal working when the full system was back up."

"The Penarth petition was not received until later, and no further checks have been undertaken," he stated.

Barry battles cold weather



LEFT: Lollipop lady Jean Hatter at the Buttrills crossing, helping local children get to school safely

BARRY schools and businesses were fighting the wintry weather from the beginning of the week.

With stocks of salt very low, only major routes through the town were being gritted.

Vale Council workers did ensure that gritting was taking place in the town centre for the safety of shoppers.

On Monday and Tuesday, schools in the Barry were open, although St Richard Gwyn was shut due to a problem with the heating.

Lollipop lady, Jean Hatter, who supervises the busy Buttrills crossing on Barry Road, told The GEM on Monday: "Last Friday was quieter than normal because a number of schools were shut."

Barry Comprehensive remained open though.

"Today, it has been busy and back to normal."

The unpredictable weather has been a curse for local businesses.

Victoria Minchinton of fashion shop Big Divas located on Holton Road explained: "On the first major day of snow in Barry, I didn't open."

"For specialist busi-

nesses, with rent, heating and lighting overheads, it doesn't make sense to open, unless you know you're going to get the customers."

"I will have to judge this week on a day-by-day basis as to whether to open."

Alan Peterson, manager of The Local in the Romilly area of Barry, said: "We've noticed that people are not venturing out after dark, because they are afraid of falling."

"Last week, lots of people were in, saying they had seen cars getting bumped or clipped."

Karen Shaw, the manager of WH Smith, said: "It has been quieter than normal in the last few days, but newspapers have been selling well."

"Members of staff from Barry have managed to get in – some walking rather than taking the car!"

What all the retailers agreed on was that the end of the cold period can't come soon enough, and that trade will then rapidly return to normal.

For a full list of any school closures, go to the Vale Council website at www.valeofglamorgan.gov.uk which has regular updates.

Cymorth ariannol i gadw'ch busnes ar i fyny

Funding to keep your business on the up



Uywodraeth Cynulliad Cymru
Welsh Assembly Government



Rydym yn cynnig cymorth ariannol rhwng £1000 a £5000 i fusnesau bach yn Nwyrain Cymru.

Bryslwch – 'dyw e ond ar goel tan ddiwedd Mawrth.

We offer financial support of between £1000–£5000 for small businesses in East Wales.

Hurry, it's only available until the end of March.



WLGA • CULC



Cymorth Hyblyg i Fusnes
Flexible Support for Business

Am fwy o wybodaeth ac i gadarnhau cymwysedd, ffoniwch ni neu mewngofnodwch.

03000 6 03000 chif.cymru.gov.uk

For more information and to check eligibility, give us a call or log on.

03000 6 03000 fs4b.wales.gov.uk

Shoecare

Shoe repairs, key cutting and engraving

**Cut Price
KEY CUTTING**

**25% off
all types of keys
(including household keys
and car keys)**

6a Penny Lane Cowbridge
(next to Strawberry Fields)

Tel: 01446 773 756

Cannot be used in conjunction with any other offers.
Photocopies are not accepted. Valid until 31st March 2010

Poignant time for the troops on the frontline far away from the Vale

FOR our servicemen in Afghanistan, it has been a particularly poignant time of year.

Instead of sitting down for traditional meals with loved-ones, they have been attending to their professional duties on the frontline.

St Athan-based RAF instructor, Jamie Tutt, aged 25, personifies the sacrifices those in the Armed Forces are making as a New Year gets under way in that war torn country.

He flew out to Afghanistan in October, leaving behind son Dylan, just one year of age, girlfriend Rebecca, and mum and dad, Katrina and Anthony.

Rebecca, aged 24, told The GEM: "Jamie's work involves survival equipment for Hercules' aircrews, instructing RAF recruits."

"Dylan's first birthday was on October 10, and Jamie flew out on October 6, so we had to move the baby's birthday party forward so Jamie could be there."

"On Christmas Day, the most important thing was Jamie's phone call."

"He emails us when he can, and phones once a week, but it is difficult to know when his call will come."

"I'll sometimes stay in for a whole day waiting for a call."

Jamie was due to

return home for five days in January, when the family would exchange belated festive presents.

Rebecca does have first hand knowledge of the sacrifices involved, as she too served in the RAF.

"Jamie and I met at RAF Lyneham four and a half years ago," she explained.

But what has hit Rebecca hardest is the small family things that Jamie has missed out on.

"He has missed out on Dylan moving from crawling to walking and saying things like 'mum' and 'dad' - although he said dad first!"

Rebecca lives in Trecynon and along with Dylan, regularly travels

to see Jamie's parents in Blackwood.

Katrina, Jamie's mother, said: "Jamie has missed huge leaps in Dylan's development - moments that will never be recaptured."

"People often forget that dads can miss their children, too!"

TIM CHAPMAN

News from Penarth Computer Club WINDOWS AN ISSUE!

I HAVE reported a few interesting difficulties with my computer set-up as a result of installing Windows 7.

Sorry to go on about it, but it was a big step updating from XP and a lot of people have yet to do it.

I now have a wireless router instead of an out-of-date USB modem and I'm working on the other inconveniences and will let you know how I get on.

In the meantime, it occurs to me that some people misunderstand my place in the computer club.

They think that as chairman I must be a computer expert and that I should instantly spot problems and come up with a cure!

And be able to do just about anything on a computer - life just isn't like that and neither am I.

A chairman of a premier league club is not expected to take to the field for a match, but be interested in the game and to facilitate the enjoyment for others similarly interested.

When something stops working, yes I can spot the problem - "It's not working!" I'll say!

What to do about it is harder.

Firstly, you need to understand the problem. If it is inside the computer... well, some people never go there. If it is in the software programme... that's even more obscure and they are not going there either.

Save your work; switch everything off and start again. Did that work? Yes, fine. No? Oh dear!

It's time to call in an expert, but an expert in what?

Do you need a hardware engineer and if so should he or she be familiar with your computer, scanner, cabling, printer, fax, digital camera or on-line communication?

A mechanic might be trained to fix products from one manufacturer.

If they find that the machines are OK, they will tell you that they cannot help with the programme operation and that you need to contact the software supplier.

The software supplier might charge for his time and point out that everything you need to know is in the manual or help files.

The problem with the help files is that they are written by people who know the software so well that they sometimes omit to mention the bit you need because they thought everybody already knew it.

Computers are weird things. They are usually driven by mouse clicks or keyboard strokes.

If you don't know what to click on or which key to press next, you have a problem and will feel uneasy and/or frustrated.

The person who knows what to do next is, in your immediate world, an expert.

That makes me an expert in the eyes of some people, but not in my own circles where I rely on experts to help me.

It's all relative. If you use just one little corner of the vast breadth of the computer world more than your acquaintances; then you are their expert to be consulted on that topic - everybody is an expert on something.

HOWARD DESMOND

A BLANKET OF SNOW COVERS THE TOWN!

LOCAL photographer JOHN O'BEIRNE captured these images of Barry struggling to come to terms with the snowfall which hit the town yesterday.

As you can see, the conditions may not have been so good for motorists, but for dog owners, it all made for a bracing walk!



FOY & CO. INTERIORS RE-UPHOLSTERY & CURTAIN MAKING

Your 3-piece suite re-upholstered in leather/fabric or loose covers made!

**Huge range of leading designer fabrics
All current, to clear from £4 per mtr**

Open Monday to Saturday 7.30am-5pm

(01446) 771210

Mobile (07971) 538414

Unit 8B2 Vale Business Park

Llandow, Cowbridge, CF71 7PF

email: mmariafoy@aol.com

Oriental Diner Authentic Peking & Cantonese Cuisine

10 Broad Street • Barry • CF62 7AA • 01446 748811

EAT AS MUCH AS YOU LIKE BUFFET

LUNCH TIME BUFFET

Tuesday - Sunday 12 noon - 5.00pm

(Last Orders 4.15pm)

Adult £6.00;

Child (under 140cm) £3.50

EVENING BUFFET

Sunday - Thursday 5.30 - 11.00pm

Adult £11.50; Child (under 140cm) £6.50

Friday & Saturday 5.30 - 11.30pm

Adult £12.50; Child (under 140cm) £7.50

Dishes include: Satay Chicken, Prawn Toast, Seaweed, Chicken, Lettuce Wrap, Aromatic Duck, Chicken Curry, Sushi, Mussels, King Prawns, Cakes, Ice Cream - and **Chocolate Fountain!!** plus lots more....

MULTI CHOICE MENU

Adult £16.80 Child £8.80

Why not dine in our exclusive upstairs restaurant in comfort and style.

Private function room with Karaoke available for group parties.

Bookings and deposits are necessary.

Monday Specials

When booking four Adult Evening Buffet meals, one adult will eat for **FREE** (conditions apply)

Conditions:

- Offer NOT available on any Bank Holiday Mondays.
- Offer is based on Full Paying Adult Evening Buffet at £11.50 per person.
- Offer between 5.30pm and 10.00pm.
- This offer is subject to change without prior notice from management.

Tuesday Specials

All bottles of House Wine (75cl) only £8.90 per bottle.

Tsing Tao and Tiger Beer -

Buy 2 get one **FREE!**

(While stocks last)

Wednesday & Thursdays

GRILL NIGHT

Selection of marinated meat grilled to tantalise your taste buds, this is part of the buffet at no extra cost. Still only

Adult £11.50 per person

Child (under 140cm) £6.50 per person

SPECIAL PARTY PROMOTION

Celebrate your Birthday Party of 15 adult persons or more...and the birthday person will eat for **FREE** and receive a **FREE Birthday Gift** (see conditions)

Conditions:

- Must be 15 full paying adult evening meals, can be Buffet or Multi Choice Menu.
- This offer is subject to change without prior notice from management.
- Must celebrate on the day of birthday.
- Proof of date of birth, ie: Driver's licence or passport.
- Offer does NOT include Children's prices.
- This offer is NOT available on MONDAYS.
- Offer NOT accepted during the lunch time.

Group helps the Mayor's charities



PROFITS made by the Cambrian Group from festive train services on Barry Rail Centre Tourist Railway have been donated to charities supported by Vale Mayor Coun Emlyn Williams.

Pictured here receiving a cheque from group chairman John Buxton, the mayor said: "I am extremely grateful to the Cambrian Group for their donation, which will be shared between my three charities - The Alzheimer's Society, Cardiff and Vale Breastfriends and the National Coastwatch at Barry Island."

Queen's medal for policeman

(Continued from page 1)

The Chief Constable of South Wales Police, Peter Vaughan, said: "Bob Evans' achievements as a career police officer are undoubted, and I, together with my colleagues, are delighted for him."

"I would like to thank him for the commitment he has shown, especially over the last few years, which have required him to spend long periods of time in London away from his family in the Vale."

"This is deserved recognition, which is also fantastic for the force. His experience in some key areas will no doubt be a real asset to our future operations."

TV switchover starts on 3 March.

Questions?

Call 08456 50 50 50 (English language),
08458 48 48 48 (Welsh language).



get set for digital

www.orientaldiner.co.uk

Council's flagship project back on track after talks

THE Vale Council has announced a successful conclusion to negotiations concerning the Penarth Heights development.

The project at the run-down flats, known locally as 'the Billybanks', had stalled during the credit crunch – but following "lengthy negotiations" with the developers Crest Nicholson, the council says it is "extremely pleased" with the result.

A council spokesperson said: "Crest Nicholson's board has resolved to proceed

with the Penarth Heights development, which aims to allow the development of 377 new high quality houses and apartments, including 20 per cent affordable homes.

"The approximately 17-acre Penarth Heights site, with its panoramic views across Penarth Marina, Cardiff Bay and the Bristol Channel, remains one of the most prestigious development opportunities in Wales."

Crest has reviewed the scheme and after careful consideration, has renewed its commitment to deliver the development on the original terms.

"As such, and subject

to concluding detailed legal negotiations between the council and the company, the public will be informed very soon about the new programme for the phased implementation of this exciting new development."

Coun Gordon Kemp, the Leader of the Vale Council, said: "I am delighted Crest Nicholson has renewed its commitment to deliver the redevelopment of the Harbour View and Royal Close estates."

"This remains a complex urban regeneration project, made all the more complicated by this most serious of recessions. Despite the challenges, we remain determined to ensure that the site is regenerated to the highest of standards."

Crest Nicholson managing director

David Huggett added: "The company is dedicated to creating sustainable developments of the very highest standards and the regeneration of Penarth Heights will be no exception."

"The development will offer a range of contemporary one, two, three and four-bedroom apartments and houses suitable for a wide variety of different purchasers, from first time buyers to families."

"Many of the homes will also offer superb views of Cardiff Bay."

Barry and Vale Friends of the Earth have argued that the council should have considered refurbishing the entire blocks of flats.

The group has also complained that the percentage of affordable housing should be higher.

Ice warning!

THE Vale Council has issued a warning that people should stay off ice which has formed over lakes, ponds or rivers.

A couple from Barry contacted The GEM to say they had been ice skating at the Cold Knap boating lake, but a Vale Council spokesman stressed there were "serious dangers" if people ventured onto ice surfaces.

Phil Beaman, the operational manager for parks, said: "Parks and open spaces pro-

vide wonderful areas for recreational activities, particularly after snow has fallen.

"However, the parks and grounds maintenance division would strongly advise and warn people to stay off ice."

"There have already been a number of tragic deaths across the country, due to water-related accidents, during the recent adverse weather."

On Friday, two brothers in Leicestershire fell through ice on a lake and died.

Acting masterclass

DUE to the poor weather conditions last weekend, a number of people were unable to make the GEM/Ferris Entertainment performance masterclass.

Ferris Entertainment has decided to run another free masterclass on Saturday, January 16, at the Stanwell Hall, Victoria Road, Penarth (next to the Paget Rooms), Penarth from 2pm - 5pm.

Acting coach Peter Ferris explained: "To be fair to everybody, there will be two scholarships to be won this coming weekend."

"All the unsuccessful students from last Saturday will be competing again and the free masterclass is open to anyone else who wishes to come and have a go."

AGEING POPULATION IN THE UK Medical advances are ticking time bomb for Vale Council's budget

LONG-TERM predictions about the demographic make up of the Vale are a ticking time bomb for council finances – with future population changes leading to ever-increasing pressures on social services.

A range of factors – from an ageing population to military personnel with long-term injuries – are combining to make grim reading for financial planners.

The details were revealed in a report to the scrutiny committee for social care and health, compiled by Elina Dupres, the head of adult services at the Vale Council, and presented just before Christmas.

The adult services budget of £31 million is currently facing a 'small' deficit of £148,000, but her report says that the prospect of achieving further cuts in years to come is "increasingly difficult".

She cites a number of factors, the first being the predicted increase in the elderly population.

The report says that by 2020, the number of people in the UK living past 65 is expected to grow by 33 per cent, and the number past 85 will

REPORT by PHILIP IRWIN

actually double.

When it comes to the select group that passes the 100 landmark, that group is expected to quadruple as a result of medical advances.

However, the Vale seems to have a healthier than average population, because the prediction for those living past 65 is that it will grow, not by 33 per cent, but by 72 per cent!

What is more, the average life expectancy is predicted to rise from 80.1 years to 83.6.

The report notes "Other local authorities in Wales have reported growing overspend in areas such as budgets for home care services as the impact of these demographic changes becomes more evident".

The problem is clearly one that will require a great deal of study. For instance, old people living longer does not necessarily lead to a higher bill for social services.

If a sizeable proportion of the longer-lived pensioners stay in work longer, and stay active longer, then they might need help from social services only later in life.

The report goes on to highlight a different area, and says that

advances in care for those with a learning disability means that life expectancy has risen markedly in this group.

It says: "As a consequence, there is an increase in the numbers of people with learning disability who go on to develop dementia and other major physiological/psychological conditions."

"The Vale Council's learning disability services are seeing a small but significant increase in the number of service users with very high support needs."

"It is often when young people with a severe learning disability develop to puberty and grow into adulthood that the complexity of their conditions emerges – and the requirement for highly specialist support becomes increasingly apparent."

Care for some of these cases can be very expensive, and therein lies another problem, because in this area, there is a considerable turf war between different funding bodies.

As the report puts it: "This is a notoriously confused area of policy and practice. The new Cardiff and Vale University LHB has

recently rejected a number of applications and appeals are being lodged."

"Senior managers in the board have agreed to meet with the director of social services as a matter of urgency to discuss this matter."

Yet another pressure on the social services budget, and again one that is rather unexpected, is as a result of medical advances in treating trauma victims, including those coming home from Iraq or Afghanistan.

The report says: "There has been an increase in the number of people with acquired brain injury (ABI) who are referred for assessment and support."

"The survival rate of people suffering trauma through road traffic accidents and, more recently, as a consequence of active service in armed conflicts overseas, has a knock-on effect on services like ours which care for people who have needs beyond acute care."

"Rehabilitation for people suffering brain injury often has very different outcomes from those who have suffered other major physical trauma, and life-long support is usually required."

• Brabantia • Stellar • Horwood • Judge Vista • Meyer • Circulon • Anolon • 1st Choice Trade

APPLIANCE & COOKWARE CENTRE

PREMIUM QUALITY BRANDS AT THE LOWEST POSSIBLE PRICES

Two floors with a comprehensive display of appliances and accessories. Factory refurbished and brand new appliances in stock.

COMPETITORS PRICES CONSTANTLY CHECKED TO ENSURE WE ARE THE CHEAPEST!

Built-in ovens, hobs, dishwashers, washing machines, fridge freezers, Range Cookers - gas, electric, LPG and dual fuel in stainless steel and farmhouse styles!

Experienced sales staff on hand to advise you with your purchases.

- BRAND NEW APPLIANCES
- MANY NEW MODELS IN STOCK

SALE NOW ON

OPEN: Monday - Saturday 9am - 5.30pm; Sunday 10am - 4pm

3A TYNEWYDD ROAD, KING SQUARE, BARRY
(opposite new library)

Also large warehouse and showroom at
252 HOLTON ROAD, BARRY
(Bassett End)

OPEN: Monday - Saturday 9am - 5.30pm

All In Stock! - Ready to Go!
Same/Next Day Delivery Service!

Full Repair Service and up to 5 years manufacturers warranty

Telephone: 01446 730884
www.1stchoicetrade.co.uk

• TEG Design • James Martin • Jamie Oliver • Franke • Astracast • LG • LEC •

NEW CITROËN GRAND C4 PICASSO 1.6HDI 16v 110HP DPFS VTR+ WITH NIL ADVANCE PAYMENT*



Model shown:
GRAND C4
PICASSO 2.0 HDI
16v 138HP EGS
EXCLUSIVE
£1395 ADVANCE
PAYMENT*

CITROËN prefers TOTAL
www.citroen.co.uk



Worry-free means everything is included for peace of mind

- Use your mobility allowance
- Breakdown cover
- Road tax and insurance
- Servicing and maintenance
- 60,000 mileage allowance
- Specialist advice

Motability
The leading car scheme for disabled people
www.motability.co.uk
Not sure if you qualify for a Motability car? Call 0800 953 4002

NUMBER ONE FOR MOTABILITY
WALES' LARGEST CITROËN DEALER

CRÉATIVE TECHNOLOGIE



*VALID FOR QUALIFYING MOTABILITY CUSTOMER ORDERS UNTIL 31/03/10. AVAILABLE FOR MOTABILITY CONTRACT HIRE SCHEME CUSTOMERS. ONLY ON QUALIFYING NEW CARS SOURCED FROM CITROËN UK LTD. MODELS SUBJECT TO STOCK AVAILABILITY AND QUARTERLY PRICE CHANGES. NO OTHER PROMOTIONAL OFFERS APPLY. TERMS & CONDITIONS APPLY. PLEASE ASK US FOR DETAILS. OFFICIAL GOVERNMENT FUEL CONSUMPTION FIGURES (RANGE): URBAN CYCLE, EXTRA URBAN, COMBINED (LITRES PER 100KM/MPG) & CO2 EMISSIONS (GRAMS): HIGHEST: CITROËN GRAND C4 PICASSO 1.6 16V VTI 120HP 10.0/28.2, 5.947.9, 7.4/36.2, 174. LOWEST: CITROËN GRAND C4 PICASSO 1.6HDI 16V 110HP DPFS EGS 6.4/44.1, 4.7/60.1, 5.3/53.3, 140.

BASSETTS - BRIDGEND 01656 649009

SOUTH ROAD, BRIDGEND INDUSTRIAL ESTATE, BRIDGEND, MID GLAMORGAN, CF31 3UL
www.bassettsbridgend.citroen.co.uk

A father of three shone a laser pen at a hovering police helicopter for 10 minutes, as officers hunted a suspect, a court heard last week.

Adrian Blake's 'prank' was branded as "horrendously dangerous" by a judge, who said it could have had "catastrophic consequences".

Blake was playing with the green laser at 9.45pm in September last year as the South Wales Police helicopter hovered at 1,500ft with

four people on board. Cardiff Crown Court heard that Blake (31), targeted the force's helicopter in a "sustained attack".

Prosecutor Julian Greenwood said the pilot took evasive action to avoid being blinded as the green light bounced around the cockpit in "random, multiple bursts" and added: "The crew felt they were being deliberately targeted."

On-board cameras focused on Blake – and officers on the ground arrested him in his back garden, where he was

Father shone laser pen at police helicopter... 'RANK AND COMPLETE STUPIDITY' – court told

still holding the pen. Blake told police he was trying to see how far the beam reached.

Kevin Seal, mitigating, told the court: "This was rank and complete stupidity by a man who should have known better."

Recorder of Cardiff Judge Nicholas Cooke QC said: "This was an

act of incomprehensible selfishness.

"You placed the lives of four people in that helicopter at risk and, as this was an urban area, also risked the lives of people on the ground."

Blake wept in the dock as the judge told him his family saved him from immediate jail.

The judge added: "Your wife has written to me asking me not to damage her family life. You have three children all doing well at school. You're the breadwinner and their futures would be blighted by me imprisoning you."

"But for the rest of your life you need to know you could have

left children just like your own fatherless."

Blake, of Bryncethin, Bridgend, admitting endangering the safety of an aircraft.

He was given 26 weeks in jail, suspended for two years, and ordered to carry out 300 hours unpaid work. He will be tagged to obey an 8pm-6am curfew for

three months.

Speaking after the case, South Wales Police air support unit Inspector Gary Smart said: "Shining a laser at an aircraft is extremely dangerous and puts lives at risk."

"We take this extremely seriously and will continue to take action to prosecute anyone carrying out this offence."

"The camera fitted to the aircraft is capable of locating where the lasers come from and identifying who has shone them."

"People might think

this is just a harmless prank, but they must know this kind of behaviour is extremely dangerous and could have fatal consequences."

Insp Smart added: "Many of these laser lights have strong beams, which can cause temporary blindness or more permanent injuries, even from a great distance."

"The pilot and crew's vision can be impeded, putting their lives and the lives of people on the ground at risk," he stressed.

THE BEST MOVE YOU WILL MAKE IN 2010



Located within the original historical parkland of 17th century Hensol Castle and adjacent to the luxurious Vale Resort, phase 2 of this prestigious development is now on sale with a choice of two and three bedroom apartments available. Each apartment is unique although all benefit from large floor space throughout and many designer finishing touches. Contemporary modern living and a unique lifestyle choice await at Hensol Castle Park, Wales' most exclusive address.

PRICES FROM **£250,000**

FOLLOW SIGNS FROM J34 OF THE M4

Tel: 01443 665855 for details

Hensol Castle Park, Hensol, Vale of Glamorgan CF72 8JY



HENSOL CASTLE PARK
www.hensolcastlepark.co.uk



Over the next few weeks Christ College Brecon will be holding a series of **Scholarship and Entrance assessment days for prospective pupils wishing to join the school in September 2010.**

The Sixth Form Assessment day will take place on Thursday 21st January and scholarships are available for Academic, Sport, Music and Science. Junior and Senior Scholarship Assessment days will be held on Friday 5th and Saturday 6th February. These assessments are designed for pupils looking to join in Year 7 and 9 upwards. Junior scholarships are available for Academic, Music, and Sport. Senior scholarships are available for Academic, Music, Sport, Science and Art.

The 2008/9 Academic Year concluded with the best ever grades at A level results. An impressive 75% of all grades were A or B, and Christ College leavers have been accepted into a range of top universities. Pride of place once again went to the Maths and Science Departments where 80% of the grades were A or B, and the Art/Photography Departments where 96% of grades were A or B.

There are over 320 pupils at Christ College Brecon, a size which enables it to provide a real academic focus whilst providing an unrivalled extra-curricular programme, giving everyone the chance to form close friendships and to develop a real sense of belonging.

Parents and guardians value the unique care and concern that pupils receive at Christ College – individual mentoring and support from highly qualified and experienced staff which extends beyond the classroom to every aspect of daily life and leads to a high level of achievement in both academic and non-academic areas.

For details, visit www.christcollegebrecon.com or contact the Admissions Registrar on 01874 615440 or via email on admissions@christcollegebrecon.com.



An inspiring setting in which to

live, learn and grow

HMC independent boarding and day school for boys and girls 11 - 18 set in the heart of the beautiful Brecon Beacons National Park

ENTRANCE AND SCHOLARSHIP ASSESSMENTS FOR SEPTEMBER 2010

Scholarships available for entry in September 2010:

Academic, Music, Science, Sport, Art & All-Rounders

Sixth Form Assessments - Thursday 21st January 2010

Year 7 and 9 Assessments - Saturday 6th February 2010

Individual mentoring and support prevails throughout

Generous scholarships and bursaries available

"Results are extraordinarily good - the range of subjects offered amazes one!"
Good Schools Guide 2009

For more information visit www.christcollegebrecon.com or contact Margaret Stephens, Admissions Registrar, on 01874 615440 or email admissions@christcollegebrecon.com



Llantwit Major traders and the chamber of trade

I WOULD like to comment on the article in the Llantwit Major GEM on January 7 headed 'Traders plan meeting', which starts with the statement that Llantwit Major traders are to hold a meeting with the town centre manager.

This is slightly misleading in that it would indicate that all traders are involved. I believe that only those traders who are members of the Chamber of Trade & Commerce will be attending the meeting.

I would like to point out that Mrs Janet Moisan (Chamber secretary) does not represent, or speak on behalf of all of the town traders, only those that are chamber members.

There have been a quite a few articles recently from Mrs Moisan which appear to voice the opinion of the traders, and she goes as far as quoting Stuart Sloan of Sloan & Co on

more than one occasion. Yes, he is a trader and so is she, but they are not the only traders in the town, and neither of them is the voice of all the traders.

I agree that Llantwit Major does need some injection of new life/business into the town/precinct, but let's not lose sight of the fact that we are still in a recession, and people cannot and will not spend money that they don't have.

If the intention of the meeting is to get some new ideas for business generation, don't exclude anybody that might be in a position to offer advice and/or assistance.

My message to Mrs Moisan is this: If you're going to hold a meeting between the traders and the town centre manager, include all interested parties, not just those that happen to be a part of your group.

Kelvin Ellaway,
Llantwit Major

CCTV arrests

CCTV, operated by the Safer Vale Partnership, assisted with four arrests in the week ending January 10.

It contacted the police on 37 occasions, with three arrests taking place for breach of ASBO (Kendrick Road, Barry; Central Park, Barry; Holton Road, Barry).

An additional arrest was made for breach of bail and theft at Holton Road.

THE COLUMN YOU WRITE

Readers' Letters

We reserve the right to edit all letters. We do NOT accept anonymous mail. Letters and emails MUST include full address and a contact telephone number. An email address alone is not sufficient. We will (in certain circumstances), protect a writer's identity, if requested. Please keep your letters brief and address them to: The Editor, Glamorgan GEM Ltd, Graig House, 53 Eastgate, Cowbridge CF71 7EL.

'DON'T TAKE RISKS, AND IMPROVE ROAD SAFETY'

I READ with interest the positive and negative responses brought by my letter of December 31, regarding cyclists/pedestrians safety when using the B4270 Llantwit Major to Llandow road.

I must start by emphasising that I was merely trying to suggest that the said group of road users (cyclists and pedestrians) might consider using safer alternative routes to what is a very busy road, or if they feel compelled to risk their lives along this road, how they might do so more safely.

No matter how irresponsible a driver might be, and there are a large number of those on the roads today, even the best drivers will find it hard to react to a cyclist/pedestrian they have not seen until too late due to the lack of

reflective clothing/poor cycle lights being worn/displayed.

I know that these alternative routes are far from ideal (flooding/pot holes/thorns) but it's all about reducing the risks.

The slight discomfort of using these routes for short distances (bumpy ride, wet feet, punctures) was more preferable to getting run over!

In the 20-plus years that I daily commuted along mainly country lanes from Bridgend to St Athan by bike, coming into conflict with motorised vehicles was very rare; my still being here is testament to that!

With reference to The Highway Code, the use of decent cycle lights and reflective clothing is essential and not unforgivable when put in the context of your safety.

Pedestrians walking on the correct side of the road, (in more visible clothing) facing oncoming traffic can be helpful. The purchasing of an Ordnance Survey

map can be very useful for the finding of alternative routes; for example, why not consider the Llanmaes-Sigingston route?

Has Dr RP Sheppard ever considered purchasing Kevlar reinforced tyres?

Although a bit more expensive, they almost

totally eradicate punctures. The bottom line is we're not going to change the road conditions, motorists and human nature – but if we can reduce the risks as fellow road users, we might be able to carry our journeys more safely.

PJ Alexander,
Bridgend

Lleisau'r Ail Ryfel Byd (Voices from the Second World War)

CWMNI DA are collecting material for a series of Welsh language programmes on the Second World War, to be shown on S4C – telling the story of the war through the experiences of Welsh men and women who fought and lived through the war years.

Whatever your story, if you speak Welsh, we would like to hear from you.

You can contact me by writing to Cwmni Da, Cae Llenor, Lon Parc, Caernarfon, Gwynedd, LL55 2HH; by telephoning 01286 685 300, or by emailing mali-parry-jones@cwmnida.tv
Mali Parry-Jones

GO RED FOR HEART MONTH

I WOULD like to urge GEM readers to support the British Heart Foundation's National Heart Month in February when the BHF asks everyone to think about their heart health and that of their loved ones, and take steps to improve it.

We also ask everyone to Go Red for Heart – in other words to do something with a red theme to raise funds to support the work of funding local heart nurses and pioneering vital

research. It's all in aid of the British Heart Foundation Cymru. The BHF is totally committed to preventing lives from being devastated by heart disease, but we really need their help to ensure our vital work continues to save and improve more precious lives.

To receive a free fundraising pack or box of badges please go to bhf.org.uk/red, call 0845 241 0976 or call me so that I can organise it for you. If you would like further information about the campaign visit www.bhf.org.uk/redfeb
Glenda Meakin,
Creigiau (Fundraising volunteer manager)

Laying a table for the diners of tomorrow!

THE Great House Hotel in Laleston, near Bridgend, is urging young diners to sample the very best of freshly prepared good food.

"The way we see it, these are tomorrow's paying customers and the more they taste good food freshly prepared from scratch, the more likely they are to eat out as well as eat well at home," a spokeswoman said.

"The Great House has put together a young diners' menu for children under 12 years old, which offers freshly-cooked organic and free range ingredients, targeting tots, toddlers and pre-teens.

"We've always welcomed well-behaved children and feel that the time is right to get families around the table not the TV, to enjoy a lovely meal together with no fuss just good service."

The BIG Winter SALE

SALE NOW ON

BIG Savings on EVERYTHING throughout the store

Gplan • Stressless Duresta • Steed • Peter Gullid • Wade
Bourant • Absons Baker • Cornsall • Willis & Gambier
Tempur • Hypnos • Relyon • Myers • Sealy Brintons
Axminster • Adams ...and many more

up to
50% off

Free Parking

Finance available*

www.georgestreet.co.uk



Rauch Kent 4 Door Wardrobe
in Beech Finish
Was £399 Save £150
Now only £249

The WestPoint Corner Unit
With 5 Leather Seats.
Available in Brown or Black
Was £999 Save £250
Now only £749



GEORGE STREET FURNISHERS

Furniture • Carpets • Beds • Bathrooms

NEWPORT 01633 214241

CARDIFF 02920 49 27 27

79-81 George Street, Newport, NP23 1EN (Just off George St Bridge on A48)

374 Newport Road, Cardiff, CF23 3UE (Next to the Range)

Mon/Thurs 9.00am-8.00pm • Tues/Wed/Fri/Sat 9.00am-5.30pm • Sun 11.00am-5.00pm

Mon/Wed 9.30am-7.00pm • Tues/Thurs/Fri/Sat 9.30-6.00pm • Sun 10.30am-4.30pm

*Selected Lines only **Conditions apply, see instore for details.

The care, commitment and commonsense that keeps Wales moving in the cold

OVER the past fortnight, the unprecedented 'cold snap' has brought snow, ice and freezing temperatures – great for a day or so for fun in the snow, but reality soon kicks in when the ice doesn't melt and vulnerable, elderly and isolated folk in our communities are badly affected.

This is difficult for families and businesses as they seek to get on with their daily lives and responsibilities. That is how it has felt for everyone over the past few weeks.

This is when our public services are at the forefront of a response which must 'keep Wales moving'.

Our First Minister, Carwyn Jones, recognised this in his statement to the Assembly on Tuesday, with reports on the planning and commitment of all those at the front line of delivering services in our communities, from the gritting of roads to the care of the elderly.

At these times, government works together, locally and nationally, to liaise on the opening of our schools, arrangements for exams, and sharing of responsibilities for keeping our roads and transport links open.

Recognition and thanks must be given to

our public service workforce who have worked flat-out over the past few weeks, to ensure that people have access to A and E departments, GP practices, as well as hospital services.

This thanks must also be extended to all the voluntary groups who have been active to meet the needs of vulnerable people and to go beyond the call of duty to reach out to those who need extra attention and care.

A spirit of neighbourhood concern has been evident as neighbours check out who needs help, offering shopping, help to cross a pavement or a lift to the shops or GP.

Of course, families are in the front line, as they know how they can help the relatives with the greatest needs.

This is where 'care, commitment and commonsense' can make such a difference in these unusual times. But there is no doubt that there will be lessons learnt about this extended 'cold snap', as we already recognise in government, to ensure that we plan as well for these climatic events, as we have been doing for swine flu. Civil contingencies form a major part of our responsibilities.

ASSEMBLY NOTES



by Jane Hutt AM
(Minister for Business and Budget)

It is important to report on other recent Assembly Government decisions, such as the announcement by Carl Sargeant, our new Social Justice and Local Government Minister, before Christmas that we are introducing a Welsh business rate relief package that will increase the upper limits for each category of small business rate relief by at least 20 per cent.

In his statement, he said that the measures would mean that from next April over half of all business premises in Wales could qualify for this relief.

This statement was welcomed by Janet Jones, chair of the Federation of Small Businesses, who said that the above inflation increase in the thresholds of small business rates relief was an early Christmas present for many businesses in Wales.

Equally welcome, I am sure was the announcement by the Deputy First Minister, of reforms to the Blue Badge scheme, following consultation. A steering group, including members of Disability Wales and the Disabled Persons Transport Advisory Committee, as well as local authorities, helped with these reform proposals, which include

extending the eligibility of the scheme to children under three years of age with specific medical conditions – and extending the eligibility of the scheme to other groups of disabled people.

With the recent re-launch of the Vale of Glamorgan Women's Aid service to place a greater emphasis on prevention, the statement on January 5 by Carl Sargeant, on the strategy to address violence against women and domestic abuse, will also be welcomed. He said: "It is essential that we all work together to eradicate violence against women in our society. It is not acceptable that so many women experience domestic abuse and sexual assault in their lifetimes."

Our Legislation Programme in Wales is gathering pace, with the consultation on the Transport Order which will move to extend powers to Wales that could meet many of the recommendations of the Stuart's Campaign, being discussed by an Assembly Committee this week and other Welsh laws making their way through the Assembly. The workload is considerable, and rightly so.

I am hosting a meeting with all the UK Finance Ministers in Cardiff this week to discuss our common responsibilities for managing the public purse and ensuring that we can get the best value for our public services with the toughest budget predicted in the past decade.

This will also need to be handled with care and commitment as well as commonsense.

So there is a renewed sense of responsibility for new and planned programmes, for all those elected to serve in the Assembly, as we take on the challenges of 2010.

25% OFF ALL KITCHENS

and you will pay only 15% VAT during sale time only!



Huge Range of Door-styles
SPECIAL DEALS
on all Luxury Work Surfaces

Made to Measure FREE!!

Design, Quote & Delivery

Specialist Fitting or Supply only

Over 40 Years EXPERIENCE

KITCHEN MAKE-OVER SPECIALISTS

We supply and fit made to measure doors – all styles.

New tops, taps, sinks, lights, etc.

We supply and install **ALL MAJOR APPLIANCES** many with a 5-Year Warranty

Low, Low Prices on our FLAT PACK RANGE
Fasssssst Delivery!



Fitted BEDROOM BLITZ

Sale continues due to Popular Demand!

NOW ON UNTIL THE END OF JANUARY

Want an **Instant Quote**? Bring in your measurements for an in-store plan, instant quote and a free cup of coffee. Our designer will also visit your home and produce computer aided designs of your new kitchen or bedroom **FREE!!**

Manufacturers and Suppliers of Luxury Kitchens and Bedroom Suites



CREFFT

KITCHENS & BEDROOMS

THE STUDIO,
11-12 SUBWAY ROAD,
THE WATERFRONT,
BARRY, CF63 4QT

Tel: 01446 736421

Dock View Road

WE ARE HERE

Subway Rd.

Ffordd Mileniwm

email: paul@crefft-kitchens.com
www.crefft-kitchens.co.uk

St John volunteers help in the snow

AS the deep freeze bit last week, local St John Cymru Wales volunteers worked through the night to help frontline services cope with the conditions.

St John Ambulance crews were drafted in across south Wales to assist the Welsh Ambulance Services NHS Trust with emergency and non-emergency calls.

Rhodri Jones, commander of operations for St John Wales, had been co-ordinating activity until the early hours, assisting with 999 calls.

"We dealt with a range of calls. At 4am we were called to treat a man in Barry who was suffering with chest pains," he reported. "The crews have done a great job under the severe weather conditions."

Between December 18 and January 3, volunteers provided a staggering 470 hours of support to help deal with the treacherous conditions.

Keith Dunn, chief executive for St John Wales, said: "Our volunteers and our patient transport service staff have made a real difference in helping and supporting the community in so many ways over the last 24 hours."

All joinery products made the way you want them...

- Doors
- Windows
- Kitchens
- Bedrooms
- Mouldings
- Hand-made Furniture

Fully insured for your peace of mind

GLYNN SEWELL JOINERY LTD

With over 15 years experience, we have furnished many houses, hotels, hospitals and schools with excellent fixtures, fittings and fitted mouldings. No project is too big or small and all items are individually custom made. You can confidently rely on us to deliver a first class product with a price to match.

01446 421112

07813 840926/07973 530073

e-mail: info@gsjoinery.net

DIMPLEX HEATERS

Opti-myst Flame Effect Stoves
Fuel Effect Fires
Panel Heaters
Convactor Heaters
Designer Towel Rails
Storage Heaters
Outdoor Patio Heaters



Wales' leading stockist of Dimplex Heating products

BUY ONLINE TODAY
www.jcelectrics.com

Tel: 0871 2884236

E-Mail: Enquiries@jcelectrics.com
JC Electric Limited, Unit 6, Parc Y Bont, Brynmenyn Ind. Est., Bridgend CF32 9TD

Year 11 Open Evening

Wednesday 20th January
anytime between 4.30pm - 7.30pm
at Barry College, Colcot Road

Find out what Barry College can offer you...

Pick up an information bag with new college brochure listing all courses
Chat to Barry College Course Tutors to find out more about courses
Speak to Careers Advisors about making the right choice for you after your GCSEs

Go on a guided tour of the college - visit facilities and see classes in action
Tours leave at 5.00pm, 6.00pm & 7.00pm



Go to one of the useful short talks running during the evening, including
'Financial help for students' - Bus Passes, EMA and more - 5.30pm and 6.30pm

www.barry.ac.uk

VALE MP BULLISH ABOUT DEFENCE COLLEGE PROSPECTS

Metrix chief says that £12 billion project is still right on course...

THE chief executive of the Metrix consortium says that the last six months have been "very positive" for the future of the £12 billion project.

Jim Morrison of Metrix told The GEM that the "final closure" on the project had always been expected in November 2010, and warned against reading too much into the fact that the decision would be taken after the impending general election.

Nevertheless, the issue appears destined to become a political football, with Labour and the Conservatives trying to score points.

Vale MP John Smith, however, is also insisting that the Defence

Technical College (DTC) has taken another step towards completion after the UK Defence Minister made a statement to the House of Commons.

Mr Smith welcomed a ministerial statement last week which updated the Government's timetable on the Defence Technical College at St Athan and spelled out the project's importance to the future training of our Armed Forces.

Mr Smith pointed to a further boost later in the week, when a £29 million contract was signed off – meaning that the Metrix Consortium will now get to work relocating the existing school of technical training in MoD St Athan.

In a written statement, the Defence Minister, Bill Rammell MP, told the House of Commons that the St

Interview by PHILIP IRWIN

Athan project is on track for an investment decision in the summer.

He also listed some of the key benefits the project will deliver, including real savings against existing defence budgets over the next 30 years, the release of 1,200 service personnel for 'front line' duties, and improvements to living accommodation for members of the Armed Forces and their families.

Mr Smith said: "I welcome the firm timetable provided by the Minister which will allow local people and businesses to get ready for the start of this transformational £12 billion project.

"There can be no doubt whatsoever that this Government is com-

clearance activities at the St Athan site.

Jim Morrison continued:

"The date for final closure on this project was November 2010, and that remains the final closure date, so nothing has changed, in my opinion.

"We have been given the cash (£29 million) for the early works project, and this will enable us to relocate the No4 School of Technical Training (4STT).

"Once that is done we will start to prepare the St Athan site to start building the DTC."

The Early Works contract anticipates that the relocation of 4STT will start in March 2010.

At the same time, work will start on the ecology work necessary to protect on-site newts and bats.

By May 2010, demolition work on the exist-

ing 4STT buildings will start, and the training school will finally be installed in its new home by October 2010.

Finally, in March 2011, the demolition of the old buildings will be completed.

Mr Morrison said that there were compelling reasons for the project to go ahead.

He said: "The MoD acknowledges that improved training will mean that more Service personnel will be freed up for front line duties. The current estimate is 1,200."

He commented that the need for those extra Servicemen and women was obvious in the current situation, and was something that would make a big difference to the MoD in future years.

Mr Smith said: "This is great news for the Welsh economy and shows, yet again, this



ABOVE: Jim Morrison, the chief executive of the Metrix consortium.

PACT meetings

BARUC PACT, Barry Island Community Centre, January 16 at 3pm.

CADOC PACT, Palmerston Community Centre, January 20, 7pm.

COURT PACT, The Scout Hall, Ilminster Street, Barry, January 21, 7.30pm.

ILLTYD PACT, The Mount Sorrel Hotel, Barry, January 21, 7pm.

PENDOYLAN council meeting, Pendoylan School, January 14, 7.45pm.

ST ATHAN PACT, The Gathering Place, January 27, 7.30pm.

ST BRIDES MAJOR PACT, St Brides Major Church Hall, February 3, 6pm.

ST AUGUSTINE'S PACT, Windsor Public House, January 13, 7pm.

If you have any issues that are affecting your quality of life, contact your local Neighbourhood Policing team or log onto www.ourbobby.com



HABERDASHERS' MONMOUTH SCHOOLS
yesterday, today, tomorrow...

www.habs-monmouth.org

October Open Days 1st-3rd October 2009



MONMOUTH SCHOOL & THE GRANGE
with boarding from 10
TEL: 01600 710433



HABERDASHERS' MONMOUTH SCHOOL FOR BOYS
with boarding from 9
TEL: 01600 710433

Fitted Bedroom & Home Office Furniture

FREE

BROCHURE

Call
(01656) 653147 for a
FREE BROCHURE
or to arrange a
FREE HOME SURVEY



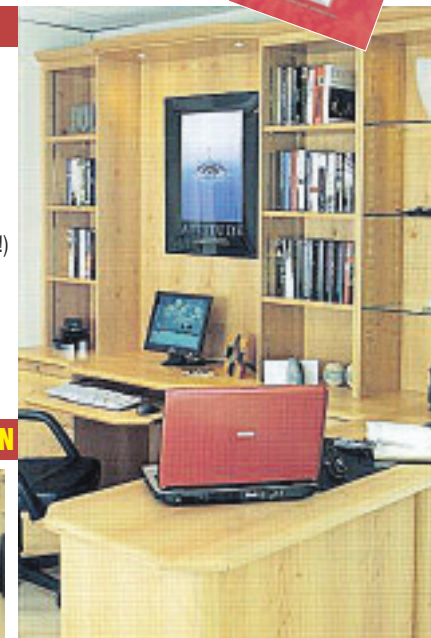



No VAT increases . . . In fact PAY NO VAT AT ALL!!

10 GOOD REASONS TO BUY NOW IN OUR FABULOUS JANUARY SALE

- ✓ RIGHT NOW! OUR FABULOUS VALUE FITTED BEDROOM AND OFFICE FURNITURE IS NOW BEING DISCOUNTED TO THE VALUE OF THE VAT!!!
- ✓ NOW MORE CHOICE THAN EVER – OVER 500 DOOR STYLE COMBINATIONS!!
- ✓ HIGH QUALITY 18mm CABINET CONSTRUCTION
- ✓ WE INSTALL FULL CARCASS CONSTRUCTIONS (NOT JUST FRONT FRAME DOORS!!)
- ✓ FREE HOME MEASURE
- ✓ FREE STUNNING 3-D COMPUTER PLANNING
- ✓ EXPERT FITTING BY OUR PROFESSIONAL TRADESMEN / CABINET MAKERS
- ✓ 4 NEW AMAZING EASY PAYMENT PLANS (WRITTEN DETAILS ON REQUEST)
- ✓ WE WILL BEAT ANY LIKE FOR LIKE QUOTE
- ✓ NO PRESSURE SALES APPROACH

CALL NOW 01656 653147 FOR A FREE HOME CONSULTATION





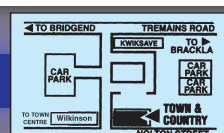


FREE

HOME MEASURE AND STUNNING 3-D COMPUTER PLANNING
CALL 01656 653147

Town & Country

Call into our showroom @
5-7 Brackla Street Centre
Bridgend CF31 1BZ
www.townandcountryfurniture.co.uk



Memorial Hall and Theatre



**JANUARY
TUESDAY 26**



**JANUARY
SATURDAY 30**



**FEBRUARY
FRIDAY 12**



**FEBRUARY
FRIDAY 26**



**APRIL
SATURDAY 17**



**APRIL
SATURDAY 24**

**Box Office: 01446 738622 • boxoffice@barrymemo.co.uk
www.memorialhalltheatre.co.uk**

Gladstone Road • Barry • Vale of Glamorgan • CF62 8NA Registered Charity 502574

ADVERTISEMENT FEATURE

BJ² LINE DANCE EVENTS**LOOKING FOR EXERCISE THAT DOESN'T LEAVE YOU NEEDING A SHOWER OR HAVING TO DRY YOUR HAIR?**

There are many misconceptions about Line Dancing. We supposedly wear checked shirts and Stetsons and dance to Cotton Eyed Joe and Achy Breaky Heart. The truth is we wear regular clothes and dance to everything from Michael Bublé to Lady Ga Ga. With simple steps and instruction we can teach you to line dance. Male or female, aged 9 to 90, line dancing is achievable by everybody, plus you don't need a partner.

Join us and you will find a fantastic social life, with weekends away, day trips and social dancing organized throughout the year.

CUT OUT THIS ADVERT and try one of our classes FOR FREE

New Absolute Beginner class starting Thurs 14th Jan 2010 at Pen Y Gwsi Community Centre, Llantrisant 12.30-1.30pm

Mondays	1.45 - 3.15pm	Improvers	Albert Road Parish Hall, Penarth
Tuesdays	10.00 - 11.00am	Beginners	Albert Road Parish Hall, Penarth
	11.00 - 1.00pm	Intermediate	Albert Road Parish Hall, Penarth
	7.00 - 8.00pm	Beginners	BP Sports & Social Club, Sully
	8.00 - 9.30pm	Intermediate	BP Sports & Social Club, Sully
	7.30 - 9.30pm	Mixed Ability	Nolton Church Hall, Bridgend
Wednesdays	10.00 - 11.00am	Beginners	The Athletic Club, Pontyclun
	11.00 - 12.30pm	Mixed Ability	The Athletic Club, Pontyclun
	7.45 - 9.45pm	Intermediate	Cadoxton Methodist Hall, Barry
Thursdays	10.00 - 11.30am	Improvers	Pen-y-Gwsi Corn Centre, Llantrisant
	11.30 - 12.00pm	Intermediate	Pen-y-Gwsi Corn Centre, Llantrisant
	12.30 - 1.30pm	Beginners	Pen-y-Gwsi Corn Centre, Llantrisant
	7.00 - 8.00pm	Beginners	BP Sports & Social Club, Sully
	8.00 - 10.00pm	Intermediate	BP Sports & Social Club, Sully
Fridays	10.00 - 12.00am	Social Dancing	Albert Road Parish Hall, Penarth

Call Sian 07810 188100 or Lynda 07933 330636

Email: b.j.2@live.co.uk or visit our website

www.bj2linedance.com

Holm View Salon is back in business!

Ri Christie, the experienced hair stylist, at Holm View Salon.

THE long-awaited re-opening of the Holm View Salon in Barry took place last month, and it is now taking bookings for January and February.

The salon, which is part of the Vale Council's lifelong learning employment training service, offers a full range of hairdressing services, all at reasonable costs.

Local and experienced hair stylist, Ri Christie, has been taken

on to run the salon, with support from Liana Jury.

The salon is open from Monday to Friday, with appointments from 9am-4pm.

Prices start at £10 for a dry cut, with reductions for senior citizens and children under-12 years.

To make an appointment, or for more information about the services available, call into the salon, or telephone Ri on 01446 721974.

Why remain in pain?

AT Cowbridge Physiotherapy & Acupuncture Clinic, we have expert physiotherapists and acupuncturists who have been managing chronic pain for many years.

The cause of pain can be many and varied, the

obvious explanations being arthritis, a compressed nerve such as sciatica or inflammation.

However, there are many other reasons that we don't always think about – such as joint dysfunction; poor posture; muscle spasm; loss of movement, maybe after a period of immobility.

Then there can be deep unresolved scarring

or bruising from a previous injury, or repetitive strain caused by sport or work.

These are things which can easily be corrected and will reduce or resolve long-standing pain.

Give us a call on 01446 776466 to see if we can help and make 2010 a better year.

COWBRIDGE PHYSIOTHERAPY ACUPUNCTURE AND SPORTS INJURY CLINIC

MEMBERS OF CHARTERED SOCIETY OF PHYSIOTHERAPY, CHINESE MEDICAL INSTITUTE AND REGISTER, ACUPUNCTURE ASSOCIATION OF CHARTERED PHYSIOTHERAPISTS

NEW – Gait and biomechanical assessment clinic for foot, ankle, knee, hip and back problems, particularly useful for walking and running activities and chronic pain.

Also available – acupuncture and physiotherapy

• Back and neck pain • Sciatica • Whiplash injury • Sprains and strains • Sports injury • Arthritis • Post surgery • Mobility problems of the elderly • Specialist incontinence physiotherapist • Stockists of Lumbar and sports support • Sports tape

Extra Services

• Pilates Tuition • Ergonomic Assessment • Exercise for arthritic patients

Home visits, Private Insurance welcome. Registered with all major insurance companies. Reduced rates for school children.

OPENING TIMES:

Mon: 8.30 - 5.30; Tues: 10.00 - 5.30

Wed: 9.30 - 6.00; Thurs: 10.30 - 5.30

Fri: 9.30 - 6.00.

Saturday and evening appointments by request

Call our friendly staff to find out more:

Tel: 01446 776466/07711 087725

helenhopkins@cowbridgephysiotherapy.co.uk

Visit our website: www.cowbridgephysiotherapy.co.uk

14 High Street, Cowbridge, Vale of Glamorgan CF71 7AG

(above Martin's Newsagents) Free local parking

FREE membership month £10*

FREE online support 24/7

NEW extra easy portion packs

*when you buy a 12-week Countdown course

Read Becky's story online at www.slimmingworld.com

Join a warm and friendly group near you today...

DAY GROUPS**WEDNESDAY****Penarth – 9.30am**

All Saints Church Hall, Victoria Square
Linda 01446 761150

THURSDAY**Barry – 10.15am**

Castleland Community Centre
Belvedere Crescent
Niki 01446 740394

Cowbridge – 10.00am

The Duke of Wellington
High Street
Lina 01656 890708

EVENING GROUPS**MONDAY****Barry – 4.30 & 6.30pm**

Brynston Hall, Junction of Court Road and Llanover Street
Lorraine 01446 407002

Penarth – 6.30pm

Elfed Avenue Methodist Church
Elfed Road
Niki 01446 740394

Rhoose – 6.30pm

Celtic Way Community Centre
Celtic Way
Helen 01446 750738

TUESDAY**Barry – 5.45pm**

Market Street Social Club
Upstairs Function Room
Joanne 01446 404897

Barry – 4.30pm

St. David's Methodist Church Hall,
Winston Road
Annmarie 01446 736534

Llantwit Major – 4.45 & 6.45pm

Old School,
Wine Street
Helen 01446 750738

Sully – 6.30pm

The Old School,
South Road
Niki 01446 740394

WEDNESDAY**Barry – 4.45 & 6.45pm**

St. Francis
Millennium Centre
Park Road,
Porth-y-Castell
Annmarie 01446 736534

Barry – 6.00pm

Cadoxton Methodist Church
Church Road
Joanne 01446 404897

Cowbridge – 6.00pm

The Duke of Wellington
High Street
Lina 01656 890708

Penarth 5.00 & 7.00pm

All Saints Church Hall, Victoria Square
Linda 01446 761150

THURSDAY**Barry – 6.00pm**

Highlight Park Comm. Centre, Barry
Annmarie 01446 736534

Dinas Powys – 6.30pm

The Cabin, by swimming pool
Hebron Hall
Lorraine 01446 407002

**HOLM VIEW CENTRE**

Skomer Road,
Barry, Vale of
Glamorgan.
CF62 9DA
01446 721974

Holm View Salon
Opening times
Monday - Friday
9am - 4pm

THE SPECTACLE WAREHOUSE

Just bring along your prescription, choose your frames from our extensive designer collection and we'll do the rest.

Any Questions? – Call the Discount Designers HOTLINE on

01446 733444

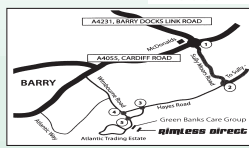
UNIT 8B, ATLANTIC TRADING ESTATE, BARRY

Rimless Direct

SPECTACLE MANUFACTURE & REPAIR SERVICE

Discount Spectacles (South Wales)
Spectacles direct to the public at Trade Prices

UP TO 50% DISCOUNT
ON DESIGNER FRAMES & LENSES



HOW TO FIND US: Drive along Cardiff road towards roundabout 1 turn right onto Sully Road, towards roundabout 2. Take second exit onto Hayes Road. At roundabout 3 carry straight over until you reach roundabout 4. Take your first exit left and follow road to roundabout 5. After 300 yards drive through Green Bank Care Group's entrance and we are on the left hand side - Vale of Glamorgan.

FREE BIFOCALS WITH THIS COUPON
when you spend £69 or over on a pair of our designer frames
(CONDITIONS APPLY)

Helen O'Grady Drama Academy helps to develop your child

FOR 30 years, the Helen O'Grady Drama Academy has been using a curriculum which has helped thousands of students to

develop interpersonal skills as well as a love of drama.

Principal Becky Goodfield, said: "If you are looking for the best way to develop your child, the benefits offered by our unique self-development programme are countless!"

In 2010, the academy will be running adult classes which will offer adults the opportunity to

increase in confidence and self-esteem, improve public speaking and presentation skills, develop social interaction skills and expand speech and language proficiency.

Classes are affordable and open to all.

For further information on the academy and its self-development programme, please contact 0845 603 7220.

DEVELOPMENT THROUGH DRAMA

Would your child benefit from:

- A boost to their confidence and self-esteem?
- Developing their speech and language skills?
- Using their imagination and creativity?
- Improving their physical co-ordination and fitness?
- Joining a new club and making new friends?

Do all of this, and more, in a fun and relaxed environment at the Helen O'Grady Drama Academy.

Telephone 0845 603 7220
and we'll tell you about our affordable and dynamic programme.

Classes in the Vale of Glamorgan and surrounding areas:
Llantwit Major, Sully, Bridgend, Llantrisant, Radyr, Llanishen.

www.helenogrady.co.uk

0844 897 8000
www.slimmingworld.com

Slimming
WORLD
because you're amazing

Health & Beauty

ADVERTISEMENT FEATURE

Organic farm has it all boxed up

IN January, we all want to be a slimmer, greener, richer person inside, so we dust off our trainers in the attic, join a gym and recycle our Christmas tree –

but how many of us stick to our plans for more than a few weeks?

Riverford Organic Vegetables is promoting its veg box scheme as the perfect answer. If you want to kick-start a healthy eating plan for

the new year, then a veg box is perfect.

Riverford veg boxes come with an inspiring recipe suggestion every week. You can even order chocolate, wine and beer for the weeks when you feel you need to rebel.

Riverford has one of the lowest carbon foot-

prints for this type of business; it has never used airfreight to import produce.

The company is licensed by the Soil Association and delivery is free!

For enquiries, please telephone 0845 600 2311, or go to www.riverford.co.uk

Beat the freeze at your local leisure centre

WITH the icy cold temperatures outdoors, the best place for any exercise is inside your local leisure centre.

Beat the freeze and get your heart pounding, with a gym workout, swim, fitness class or sports session. LifeStyle gym membership costs from £23.50 a month and allows you to train

at all four leisure centres in Barry, Cowbridge, Penarth and Llantwit Major.

Add variety to your fitness routine at the new ladies-only Easyline suite at Penarth Leisure Centre, where you can get a full body workout on 18 different exercise stations.

Find out more at www.valeofglamorgan.gov.uk/leisurecentres or call LifeStyle on 01446 732457.



Beat the freeze!

www.valeofglamorgan.gov.uk/lifestyle

The Velvet Touch offers relaxing beauty treatments

CHRISTMAS has once again come and gone, and slimming clubs and gyms have had a new intake of people!

The extra weight gained at Christmas should now start to slowly disappear, so don't reward yourself with chocolate, treat yourself to a treatment at The Velvet Touch.

A nice relaxing Indian head massage or aromatherapy massage might be just the thing. Dead skin cells disappear with a honey and manuka facial.

Why not indulge in a paraffin hand treatment to replace the lost oils due to the bad weather that we have had recently? The list is endless.

For more information, contact The Velvet Touch on 01446 713330.

The VELVET TOUCH
21 FONTYGARY ROAD, RHOOSE
Tel. 01446 713330
Many Beauty & Holistic Treatments available, inc Facials, Waxing, Massage, Nails, Pedicures, Tanning etc.

JANUARY OFFERS

Indian Head Massage £13
Honey & Manuka Facial £23
Paraffin Hand Treatment £15

HAPPY NEW YEAR!

The Health Diva helps you make progress on your 'life journey'

THE Health Diva in Nolt Street, Bridgend is a little haven of calm and tranquility, allowing you to explore the many lotions and potions we have to offer.

Vicky Perks, a fully qualified nutritionist, and team Diva (Jen, Rachel, and Laura) run

this amazing little health shop, sharing their knowledge and helping you along your 'life journey'.

Natural beauty care is something we specialise in. Health Diva knows it's not easy being beautiful; however, we know a few beauty secrets we are willing to share with you.

The Diva only uses cruelty-free beauty products from wonder-

ful companies such as Burt's Bee, Faith in Nature, Lavera, and Weleda.

Eating plenty of fresh fruit and vegetables and drinking water, combined with taking a

spoonful of Eicosanoil and Viridian's Ultimate Beauty complex, keeps skin glowing and clear.

Visit us in store or online at vicky@healthdiva.co.uk

Bodywise offers you the very latest in beauty treatments

BODYWISE was established more than 15 years ago and offers a wide range of beauty treatments in a relaxing, modern salon.

There are eight areas suited to each type of treatment and the salon provides a totally tranquil haven, away from the hustle and bustle of everyday life – essential for the complete relaxation of holistic therapies and facial treatments.

The friendly staff at Bodywise have a wealth of qualifications, training experience, and specialise in many beauty treatments.

Their expertise will ensure you receive the correct advice and an individual treatment tailored specifically to suit your beauty needs.

Jackie Howells and the team of therapists

and salon aides research the beauty industry to find the latest and most up-to-date procedures and equipment to continuously introduce new beauty treatments.

Bodywise has gained the 'Investors in People' award. Jackie provides the best working conditions and maximum training opportunities for all her staff, which she feels is important for job satisfaction and to ensure a first class service for customers.

Bodywise uses and sells the first class skin-care Darphin by Estee Lauder, Creative Nail Design products and varnishes, China Glaze Varnishes, California Tan sunless tanning, Amphora Aromatherapy Oils and Australian Organics body and face products.

Bodywise frequently provides special offers on other treatments and products – so look out for regular promotions.



www.healthdiva.co.uk

- Natural Beauty Care
- Herbal Remedies
- Nutritional Advice

A little haven of health and tranquility...

18 Nolt Street
Bridgend, CF31 1DU
vicky@healthdiva.co.uk
01656 661 441

(Offer valid until 31/3/10 and not in conjunction with other offers)

10% OFF ALL PURCHASES
FOR ONLINE SALES

Quote ref: GemDiva2010



Hairscope
Innovative • Stylish • Professional

Have a restyle to the value of £25 and receive a voucher for a **FREE BLOWDRY** for your next visit.
(Offer ends February 28th, 2010)

Recommend a friend and get 10% off your next bill.

Stockists of Paul Mitchell and L'Oreal products

16 York Place, Barry
Tel. 01446 720010

Hairscope gives you that extra 'Wow' factor!

HAIRSCOPE in Barry has been established for 28 years. Maria, the owner, comes from a long family tradition of hairdressing with the Aspru family, spanning more than 40 years in Barry.

Maria holds traditional values in hairdressing, but still keeps up with contemporary training methods for her qualified staff, Georganne Britton and Danielle Williams, ensuring the best for her clients.

Hairscope is conveniently situated in York Place at the start of High Street and offers convenient parking.

Take advantage of Hairscope's special offer of a free blow dry voucher when you have a new style of £25 or more – available until the end of February!

Also, if you recommend a friend, you will receive 10 per cent off your bill.

Look your best this Valentine's Day for the man in your life. Book now for a first class service.

New Year, New Confidence, New You.



A 30-minute workout on Curves strength training and cardio circuit will help you look and feel amazing. We also offer weight management along with the total support of our trainers to help, teach or just inspire.

Join now and get 50% off PLUS 30 Days Free*

TOGETHER WE CAN MAKE THE WORLD 1 MILLION WOMEN STRONGER
curves.com/StrongerTogether

Curves
of Cowbridge

The power to amaze yourself.™

Tel. 01446 772803
4 Eagle Lane, COWBRIDGE
www.curves.com

(*Offer based on first visit enrolment, minimum 4 month direct debit program. New members only. Not valid with any other offer. Valid only at participating locations from 1/1/10 - 28/2/10. ©2010 Curves International, Inc. All Rights Reserved.)

Bodywise Beauty Salon

We offer a full range of beauty treatments to pamper and beautify you...

- California Tan Spray Tanning
- Darphin specialised facials
- Creative nail extensions
- Arasys inch loss treatment
- Holistic therapies
- Make-up/Bridal packages
- Waxing and more

GIFT VOUCHERS & DARPIN PRODUCTS
THE IDEAL VALENTINE'S GIFT

FEBRUARY BLUES BUSTER!
Aromatherapy Back, Neck and Shoulder Massage and Darphin Essential Relax Facial
ONLY £35 (Saving £12)
Only available during February 2010

54 HOLTON ROAD, BARRY
Tel. 01446 722211
www.bodywisebeauty.co.uk

Looking to advertise your business in 43,000 newspapers from Penarth to Porthcawl? Contact us on 01446 774484 or gemsales@internet-today.co.uk

Health & Beauty

ADVERTISEMENT FEATURE

Here's how to get around the house – with a (stair) lift from Dolphin

RECLINER chairs, wheelchairs, scooters, bath lifters, walking stocks, daily living aids...

Dolphin Independent Living has its range on show at its mobility showroom.

During the past nine years, Dolphin Lifts (South Wales) Ltd has gained a strong client base through reliable, friendly service and experienced engineers.

The showroom is a natural progression for Dolphin, giving the opportunity to provide the public with daily living aids, from kitchen utensils to

scooters, all with the service you would expect from us.

If you have any questions, would like to receive a brochure, or to book an appointment, call our freephone number 0800 093 2293; or contact j.pearce@dolphin-lifts.co.uk.

Yes, it really is good to talk ...

AT its simplest, it can help to 'get it off your chest' to someone outside your life.

At its most profound, psychotherapy can help us understand ourselves and our relationships.

Over time, this can help us to feel less driven or hopeless and more in control of our lives.

I am a psychotherapist in advanced training with the Bath Centre for Psychotherapy and Counselling.

The training leads to registration by the United Kingdom Council for Psychotherapy and an MA from Middlesex University.

Please contact me for further details: Miriam Handren, telephone 01446 760159.



All our reconditioned stairlifts now with a NO QUIBBLE 3 year guarantee

Recliner Chairs • Wheelchairs • Scooters
Bath Lifters • Walking Sticks • Daily Living Aids
Please ring for a brochure or to book an appointment to visit our showroom

FREEPHONE 0800 093 2293
www.dolphin-stairlifts.com

DOLPHIN

Independent Living

Unit 12, Crawford Street, Newport

Seafresh offer quality food direct to home

SEAFRESH was established in September 1996, and has gone from strength to strength.

The concept is simple – quality food delivered directly to your home. The choice is wide and varied, and always of the very highest quality!

You can browse through our menu, where you will find descriptions together with some photographs to order online.

We are constantly building and developing our delivery rounds. We do this by way of knocking your door, referrals from our many satisfied

customers and people using the internet.

So, if you open the door to a smiling Seafresh distributor, take a look at our range. You will be impressed!

Our distributor will be happy to bring a selection of food into your home. You can see before you buy.

You will find that because our food is mainly 'individually Quick Frozen', the shelf life is extended (in most cases up to 12 months). We revisit our customers every 10-12 weeks, unless more frequent visits are requested.

For more details, telephone 01656 744110, or check on the website: www.seafreshltd.co.uk

Delivered to



Your Home



FISH POULTRY MEAT DESSERTS

For a brochure: 01656 744 110
www.seafreshltd.co.uk

To place your order call us on 0845 60 154 60

Cognitive-Therapies brings its expertise to Penarth clients

Dr Kenneth Spooner of Cognitive-Therapies, has now relocated to larger offices in Penarth.

Parking has improved and Penarth railway station is only two minutes away. Ground floor offices also mean better access for disabled and elderly clients.

Is 2010 the year when you have made a decision to change things in your life?

Thinking of a new career..?

ANGELS Care Services have set themselves a goal for 2010 – to introduce 50 people over the age of 50 to a new career in caring.

Our valued team of 65 carers are a very special group of people who enjoy caring for and helping others to lead an independent life.

Clients value the visits and friendship of our carers, most of whom worked outside the care sector before joining

Do you want to stop smoking, lose weight and be the person you have always wanted to be?

Do you want to build up that low self esteem or deal with those phobias?

Are you depressed, lacking motivation, need your confidence boosted, or have you got addictions and have finally said enough is enough?

If the answer to any of those questions is yes – then call Dr Spooner

of Cognitive-Therapies.

Dr Spooner uses a unique combination of psychological therapies to tailor each session to his client's needs and personality, to help solve their issues.

A half-hour free initial consultation is offered to all clients, ensuring that the correct therapy is offered and that the

client and the therapist are comfortable with each other.

Contact Dr Kenneth Spooner, Cognitive-Therapies, 7 Herbert Terrace, Penarth CF64 2AH. Telephone 029 2070 4322; Mob: 07799 568463; E-mail: m17kpsjaguar@aol.com

www.cognitive-therapies.co.uk

COGNITIVE THERAPIES

Master/Clinical Hypnotherapist
(CBT) Cognitive Behavioral Therapy
(NLP) Neuro Linguistic Programming
(EFT) Emotional Freedom Therapy

DEPRESSION • PHOBIAS • STRESS RELATED ISSUES
ANXIETIES • SELF HARM • PANIC ATTACKS
PAIN CONTROL • EXAM NERVES • MOTIVATION
PERSONAL PROBLEMS • CONFIDENCE BUILDING
EMOTIONAL • SEXUAL PROBLEMS • ADDICTIONS
INSOMNIA • WEIGHT LOSS • STOP SMOKING

Dr Kenneth Spooner

Dip Hyp, DPMH, CPNLP, DCBHT, BHT

Cognitive Therapies

7 Herbert Terrace, Penarth, CF64 2AH

Tel: 02920 704322 or Mob: 07799 568463
Email: m17kpsjaguar@aol.com
www.CognitiveTherapies-Therapies.co.uk

NEW YEAR – NEW YOU! GET FIT IN 2010

Join the
Bay Health Club
at Fontygary Park, Rhosne NOW!

WHY?

- Fully Equipped Gym
- Separate Free Weights Room
- 25m Pool
- Leisure Suite with – Sauna/Steam Room/Jacuzzi/Solarium
- Friendly staff
- Free Parking

Novices and Fitness Fanatics Welcome!

WHY? FOR YOUR HEALTH & WELL-BEING – NO CONTRACT TO SIGN NO JOINING FEE MEMBERSHIP FROM ONLY £25.00 PER MONTH

HOW? BY DIRECT DEBIT or *MONTHLY PAYMENTS OVER THE COUNTER

WHEN? NOW – IT ONLY TAKES A FEW MINUTES TO CHANGE YOUR LIFESTYLE AND IMPROVE YOUR HEALTH!!

For further information please contact
Jennie on 01446 710386
or why not just pop down and have a look around? We are confident that you will like what you see ...

*Initial £5 admin fee for over the counter payments

PSYCHOTHERAPY

Psychotherapy, like counselling, offers the opportunity to talk things through in confidence. It provides the space to explore one's difficulties and dilemmas. As a psychotherapist in advanced training with BCPC (UKCP Reg.), I offer low cost psychotherapy in the Vale of Glamorgan.

Miriam Handren 01446 760159

The benefits of owning a cat...

HAVE you ever considered an older cat, instead of a kitten, as a companion?

Medical research has indicated stroking a cat can relieve stress and lower blood pressure.

We have a number of cats looking for loving homes, aged from six months to eight years old.

Even a cat of eight years would have approximately another 10 years of life, which might suit a much older person and give loving

companionship. All our cats have been neutered and microchipped.

Some are a little nervous, as they are used to older people who might have had to give them up to go into homes themselves, leaving their companion behind. These would adapt to a quiet, loving home environment.

For an appointment, or further information, telephone Maesteg Animal Welfare Society on 01656 721496 or 01656 653456. Please leave a message on our answerphone if we are not available.

MAESTEG ANIMAL WELFARE SOCIETY

Kittens, young and older cats – All needing a new family!



All cats have been neutered and microchipped
Tel: (01656) 721496

All our work is funded by Charity Shops. We sell bric-a-brac, books, clothes and all items of furniture and we can collect.
Tel: 01656 737827 or 01656 653456
www.maesteganimalrescue.co.uk

Anybody who wants clothes collecting, please contact the above telephone numbers

Looking to advertise your business in 43,000 newspapers from Penarth to Porthcawl? Contact us on 01446 774484 or gemsales@internet-today.co.uk

THINKING OF A NEW CAREER?

Could you make a difference in someone's life?
Carers required in Cowbridge, Barry, Penarth and Llantwit Major areas

- No experience necessary.
- Training Provided.

Why not call for a friendly chat to discover more...

Telephone Alison on 01446 760010

www.AngelsCareServices.com

Our 2010 goal is to introduce 50 people over the age of 50 to a new career in caring.

What are you 'weighting' for?

IT'S A New Year! – Kids back in school? – Time on your hands? Why not give yourself a lifestyle change – a little 'Me' time!

Come along and train in our gym or free weights room. Swim in our warm 25m pool, just chill out in the Jacuzzi/steam room or sauna. The choice is yours!

We are based in Fontygary Leisure park, have ample free parking and are open from 8am every morning until 9pm each weekday evening, and 8am-5pm at weekends.

The staff are very friendly, so don't worry if you have never ventured into a gym before – we are here to help! With NO contract to

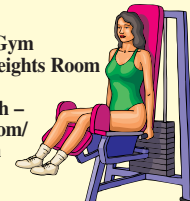
sign, it is easy to either set up a direct debit or just pay over the counter each month – there are no hidden charges! (We also have a 'pay-as-you-go' facility).

With each direct debit set up, we offer you a free health assessment and individual programme to help you along the way.

Don't take our word for it – we are the friendly gym right on your doorstep. Everyone (over the age of 16 years) is welcome and prices start from student rates of only £25 per month!

You don't have to be a member of the gym to use the pool or enjoy any of our facilities.

Come and see us at any time, or telephone Jennie on 01446 710386 for further details.



ADVERTISEMENT FEATURE

Time to Rejuvenate and Review!

10 High St, COWBRIDGE FREE ON-SITE CAR PARKING
Tel. 01446 774980 • www.beautywithinspa.co.uk

*Local
diner
remains
open*

"We were only closed on Christmas Day and Boxing Day, and have been open since then, providing the service that we have always taken pride in."

your local
Neighbourhood Policing
team or log on to
www.ourbobby.com

Classic Album
Covers showcase
some of the greatest
examples of album
design, side by side on
ten 1st Class stamps.

Out and About with The GEM

VALE AM REVISITS TREES SHE PLANTED EIGHT YEARS AGO

VALE AM Jane Hutt, who has recently been appointed as the Welsh Assembly Minister for Business and Budget, visited Casehill Wood, Dinas Powys to see the grove of trees she and other AMs planted back in 2001, to mark the creation of the National Assembly.



Vale AM Jane Hutt with Meriel Robson of the Woodland Trust

She recalled that, between 1996 and 2001, the Woodland Trust (Coed Cadw) acquired four adjoining pieces of land, Casehill Wood, Cwm George, Pen y Turnpike Woods and Casehill Meadow, with the support of the local community.

Two were ancient woodland sites and two of them grassland. They now form a 200 acre interlocking jigsaw of

ancient woodland, newly planted woodland and pasture, creating an important wildlife habitat and a superb recreational facility for local people.

In November 2001, 12 members of the Assembly, including Ms Hutt, planted the grove of trees at Casehill Meadow. They are now around 10 foot tall.

"It was great to see

how the saplings we planted just eight years ago have now become a young woodland. Native woodland has a huge amount to offer in terms of improving the local environment, providing habitats for wildlife, alleviating flooding and absorbing CO2 from the atmosphere, as well as giving local people and visitors the opportunity to enjoy and learn about woodland," she commented.

Penarth Police street surgery

THE Neighbourhood Policing teams for the Stanwell and Cornerswell wards are holding a joint street surgery today (Thursday, January 14) on Redlands Road, Penarth, from 3pm-5pm.

PCSO Jenna Hargreaves said: "We know that many people cannot get to their PACT meetings, so this is an opportunity for a more informal chat, closer to home, where people may feel more comfortable in approaching us with any matters of concern."

Vale roadworks

Road closure: Weston Square tunnel, Cardiff Road, Barry – ongoing.

Carriageway width restrictions: at Church Road, Barry.

Footway restriction in place at Pontypridd Street, junction with Mount Pleasant – ongoing.

Temporary traffic control at Windsor Road, Albert Road, Windsor Terrace, Stanwell Road roundabout, Penarth – for emergency sewer repairs.

THE THREE HORSESHOES

Moulton, Near Barry
Tel. (01446) 710428



5 for a Fiver

5 main courses available for only £5 each

Dessert of the Day only £2

Available Mon-Thurs, Lunch & Evening, and Friday Lunchtime

Kids play for FREE in Horrice's PlayBarn, Tuesdays & Thursdays
MINIBUS SERVICE FREE OF CHARGE FOR GROUPS DINING
Phone for details

Enjoy our offer:
Pint of the Week only £2.20

RNLI Lifeboats' SOS evening of song in Sully

BARRY fundraising branch of the RNLI is holding a Sail On Singing evening with music from opera and shows with members of the Welsh National Opera on Friday, January 29 at the Old School Hall Sully.

The fundraising event is held by the RNLI throughout Britain, with each branch or station having to incorporate the SOS logo we have chosen Sail on Singing.

The RNLI costs

around £123 million a year to operate; this is totally raised by the hard work of all the fundraisers throughout Britain & the Isles and from legacies left in wills.

To become a volunteer fundraiser, or to find out more on how you can help in any way with fundraising, contact one of the numbers below.

Tickets are £12.50 including cheese and wine, at 7.30pm. Contact Jennie on 01446 734888 or Chris on 01446 732195.

JENNIE WILLIAMS
(Fundraising secretary)

'Make resolution to save lives' – Blood Service

THE Welsh Blood Service (WBS) is calling on everyone over 17 to make a 'life saving New Year Resolution' – and pledge to become a regular blood or platelet donor in 2010.

"The number of people coming forward to donate blood has continued to fall for the past nine years and this makes it more and more difficult to meet the needs of our hospitals," said Les Bartlett Donor Services Manager.

"We need everyone

who is over the age of 17 to make the commitment to come forward and give blood or platelets in 2010.

"This will help reverse the donor base decline we are now witnessing.

"We need more donors to come forward and become regular donors to ensure that we can continue to support hospitals in Wales," he stressed.

The WBS has announced that the upper age limit for regular blood donors has been removed.

Some people with diabetes and high blood pressure are to be allowed to donate blood, even if they are taking medication to control their condition.

However, donors must have no complications or underlying medical conditions - and people taking insulin for diabetes remain unable to donate.

Call 0800 252266 or visit www.welshblood.org.uk for further details.

Rhyddian adds a dash of the X Factor to Bobath concert

WELSH singer Rhyddian has confirmed he will be joining West End star Peter Karrie, renowned opera singer Dennis O'Neill, Margaret Williams and a host of other stars at the Lord Mayor of Cardiff's gala concert on Friday, February 12 at the City Hall, Cardiff.

The concert, in aid of Bobath Children's therapy Centre Wales, concludes the Lord Mayor of Cardiff, Coun Brian Griffiths' year of fundraising for his cho-

sen charity to a successful conclusion.

Gail Griffiths, Bobath's fundraising manager said: "We are delighted that Rhyddian and this fantastic list of entertainers are joining us, to help us make the Lord Mayor's gala concert a night to remember."

Tickets priced £25 are available from the Bobath Centre on 029 20522600 / fundraising@bobathwales.org

Bobath Children's Therapy Centre Wales, is a registered charity that provides specialist Bobath therapy to children in Wales who have cerebral palsy, caused by damage to a baby or young child's brain. This



Rhyddian.

affects a child's ability to move and develop in the normal way and each child is affected differently.

"The incidence of cerebral palsy is not declining and we know we will continue to receive many more referrals in the coming years. Children of all ages from every part of Wales attend our centre in Cardiff and each child we treat will continue to visit the centre for Bobath therapy throughout their childhood," a Bobath spokeswoman said.

Barry artist's exhibition

A BARRY artist is staging an exhibition of paintings at the Wales Millennium Centre in Cardiff over three weeks (February 2-22).

The exhibition will feature approximately 40 paintings by artist Carl Chapple, who works from life in his studio in Barry. Works will include nudes and portraits painted in oil.

Carl said: "I'm very grateful to Wales Millennium Centre for this opportunity to show my work in such a prestigious venue. Most of the models I work with are from the Cardiff area, so I'm delighted to show a collection of pictures in their home town. I hope that visitors will enjoy the exhibition."

Ty Hafan winners

THE following are winning numbers in the Ty Hafan Crackerjackpot lottery draw number 600.

● £5000 736601.
● £2000: 810169.
● £10: 870435; 509385; 210398; 689907; 875828; 317936; 141391; 591112; 131065; 282399; 711966; 671791; 185892; 512257.
● £5: 139151; 498045; 366615; 176638; 788746;

332099; 483874; 893673; 153562; 642986; 863105; 890409; 482651; 217415; 146776; 351122; 412054; 820210; 181449; 283909; 557816; 427983; 103796; 330953; 443518; 261518; 526226; 230523; 395189; 358196; 211850.

Stamp winners

THE winners of our recent Christmas stamp competition and who also won £50 of Post Office vouchers, were Anne Baxter of St Athan and S Llewellyn of Coychurch.

Winners of a presentation pack of stamps were Phil Halligey, Pencoe; JM Reynolds, Dinas Powys; Deborah Powell, Llancarfan; Mrs P Bovington, Bridgend; Ms P Jones, Cowbridge; Roy Williams, Llanblethian; Mrs A Kent, Barry; Miss Edna James, Ogmere Vale; DP Lewis, St Brides Major; Mrs Hunter, Llanblethian; Margaret Price, Nottage; Mrs I Morg Barry; Jessica Cooper, Boverton; Morgan Cai Jones, St Mary Hill; Mike Mason, Penllyn; George Jeffrey, Wick; JA Jarvis, Barry; Mrs W Smith, Porthcawl.

Andrew RT Davies AM Welsh Conservative Assembly Member for South Wales Central



If you would like to attend an advice surgery, please contact:

National Assembly,
Cardiff Bay, CF99 1NA
Tel. 02920 898523

Coidwadyr Cymreig Welsh Conservatives

Website: www.andrewrtdavies.com
Email: andrewRT.davies@wales.gov.uk

Leicester's Restaurant The Great House Hotel *** Laleston, Bridgend CF32 0HP 2 AA Rosettes

WE ARE CHANGING

Our award winning team at the Great House have created a new, reasonably priced menu to fit the current economic climate!

Main Meals
between
£7.95 - £14.95

Still with our
fantastic local
fresh produce

Lunchtime Special
2 courses - £8.95

Early Bird
Dinner Special
2 courses - £14.95



Contact us for the Valentine Special Offers

GREAT SERVICE, GREAT FOOD, GREAT PRICE

Tel: 01656 657644 • www.great-house-laleston.co.uk



Pupils from Ashgrove School, Penarth, remove stones and logs to rediscover the buried culvert running under the mill site.

Volunteers dig up the past in Porthkerry park

VOLUNTEER groups are helping to bring history alive at Porthkerry

Country Park in Barry.

The park's Wildlife Watch Club, a Duke of Edinburgh group from Ashgrove School, Penarth, first year brick-work course students from Barry College, and twice monthly volunteer work parties are all helping rangers rediscover the fascinating history of the Vale Council-owned park.

Porthkerry's wildlife club members have been helping clear vegetation from around the entrance to the lead and pond area which used to feed water to power the old sawmill in the Millwood.

Ranger Mel Stewart said: "The children have worked really hard and we are hoping that, with the help of our volunteer sessions, the remaining 500 metres of lead will be cleared by March. We are keen to hear from children who would be interested in joining our group or any adults who would like to help out in the volunteer sessions."

Ashgrove pupils have been busy rediscovering the buried culvert run-

ning under the mill site. Teacher Mrs Mullins said: "The children had great fun pulling out stones and logs. Everyone got very wet and muddy, but seeing the stream finally flowing through the culvert, brought a wonderful sense of achievement for the whole group."

Barry College Welsh Bacc students have been helping work their magic on creating an atmospheric storytelling area in a former witch's cottage in the woods at Cliff Wood. Once this is finished, they plan to help with work on the old mill site.

The rangers at Porthkerry are keen to hear from anyone who has any information on its history, and are especially keen to receive old photographs of the park.

Anyone with any information, or children or adults who are interested in joining the various groups, should contact the ranger service at Porthkerry Country Park on 01446 733589 or email porthkerry@vale-of-glamorgan.gov.uk

Local employer shines a light on Rhws pupils



ABOVE: Jonathon Bailes, environmental co-ordinator at Lafarge, presents clip-on reflectors to children of Rhws Primary School and headteacher Louise Lynn.

EMPLOYEES at Lafarge Cement UK's Aberthaw Works have recently celebrated achieving the safety milestone of reaching one year without a single lost time injury (LTI).

To celebrate the achievement – and to promote community safety – the plant recently donated clip-on fluorescent reflectors for every child at Rhws Primary School, so that they can be clearly seen by road users while walking to and from school.

The works manager, James

Kirkpatrick, said: "The safety of our employees is our number one priority, and we are delighted to have completed an entire year of operations without sustaining a lost-time injury."

"To celebrate this milestone we wanted to share our commitment to safety with the community in which we operate and who offer us so much support."

Rhws Primary School headteacher Louise Lynn said: "We are delighted to accept Lafarge's kind offer of the clip-on reflectors and will be encouraging the children to use them on their way to and from school."

THE VALE OF GLAMORGAN COUNCIL PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT, 1990

CYNGOR BRO MORGANNWG DEDDF CYNLLUNIO (ADEILADAU RHESTREDIG AC ARDALOEDD CADWRAETH) 1990

NOTICE is hereby given that application has been made to the Council for planning permission for the undermentioned developments:

HYSBYSIR trwy hyn i geisiadau gael eu gwneud i'r Cyngor am ganiatâd cynllunio ar gyfer y datblygiadau canlynol:

Development in Conservation Areas Datblygiad mewn Ardaloedd Cadwraeth

Application No./ Rhif y cais: 2009/01320/FUL
Proposal/Cynnig: Extension to existing Community Hall, incorporating disabled toilet facilities with additional storage area. Replacement windows to existing building to existing fenestration, plus replacement doors to existing Llanrcarfan Community Hall, Llanrcarfan

Application No./ Rhif y cais: 2009/01331/FUL
Proposal/Cynnig: Renewal of application 05/00097/FUL for conversion of retail premises from rented house 5, High Street, Cowbridge
Location/Leoliad: Conservation Area/ Ardal Gadwraeth: Cowbridge with Llanblethian

Listed Building Consent Caniatâd Adeilad Rhestredig

Application No./ Rhif y cais: 2009/01323/LBC
Proposal/Cynnig: Replace corrugated asbestos cement cladding with vertical clay tile hanging. Renew flat roof covering and parapet repairs
Location/Leoliad: Listed Building/ Adeilad Rhestredig: The Paget Rooms, Victoria Road, Penarth
Grade II

Development that might affect the setting of a Listed Building Datblygiad a allai effeithio ar amgylchedd Adeilad Rhestredig

Application No./ Rhif y cais: 2009/01320/FUL
Proposal/Cynnig: Extension to existing Community Hall, incorporating disabled toilet facilities with additional storage area. Replacement windows to existing building to existing fenestration, plus replacement doors to existing Llanrcarfan Community Hall, Llanrcarfan
Location/Leoliad: Listed Building/ Adeilad Rhestredig: Affecting The Church of St. Cadoc, Grade I Listed Building and the telephone call box, grade II Listed Building

Full details (including plans) may be inspected during normal working hours for a period of 21 days in the offices of the Head of Planning and Transportation at the address given below, or via the Council's Online Applications Register at vog.planning-register.co.uk

Mae'r holl fanylion (gan gynnwys y cynlluniau) i'w gweld yn swyddfeydd Pennaeth Cynllunio a Chludiant y cyngor (gwelwch y cyfeiriad ar waelod y dudalen) yn ystod oriau arferol swyddfa, am gyfnod o 21 o ddiwrnodau. Cewch eu gweld hefyd ar Gofrestr Ceisiadau Ar- vog.planning-register.co.uk

TOWN AND COUNTRY PLANNING (GENERAL DEVELOPMENT PROCEDURE) ORDER 1995 GORCHYMYN CYNLLUNIO GWLAD A THREF (TREFN DATBLYGIAD CYFFREDINOL) 1995

Departure from the Provision of the Development Plan Ceisiadau nad ydynt yn cydymffurfio â Darpariaeth y Cynllun Datblygu

Application No./ Rhif y cais: 2009/01336/OUT
Proposal/Cynnig: Provision of caravan touring park including conveniences, pitches, public open space etc.
Location/Leoliad: 1, New Barn, Flemingston

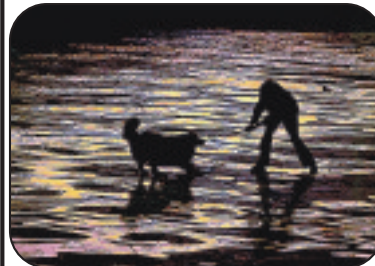
Full details (including plans) may be inspected during normal working hours for a period of 21 days in the offices of the Head of Planning and Transportation at the address given below, or via the Council's Online Applications Register at vog.planning-register.co.uk

Mae'r holl fanylion (gan gynnwys y cynlluniau) i'w gweld yn swyddfeydd Pennaeth Cynllunio a Chludiant y cyngor (gwelwch y cyfeiriad ar waelod y dudalen) yn ystod oriau arferol swyddfa, am gyfnod o 21 o ddiwrnodau. Cewch eu gweld hefyd ar Gofrestr Ceisiadau Ar-lein y cyngor drwy fynd i vog.planning-register.co.uk

Dated: 14 January, 2010
Rob Thomas
Head of Planning and Transportation
The Vale of Glamorgan Council,
Dock Office,
Barry Docks,
Barry
CF63 4RT

Dyddiedig: 14 Ionawr, 2010
Rob Thomas
Pennaeth Cynllunio a Chludiant
Cyngor Bro Morgannwg,
Swyddfa'r Doc,
Dociau'r Barri,
Y Barri
CF63 4RT

News from Barry Camera Club



ABOVE: John Harvey's winning effort, 'Dave and Skip'.

DAVE RUSSELL revisited Barry Camera Club on December 18 to judge the monthly competition.

As Dave said, he always gets asked to the club around Christmas time.

One of the members quipped that he should have come dressed as Father Christmas!

The number of images submitted for the competition was slightly lower than usual, particularly in the projected images section, so Dave was able to spend a little more time critiquing each photograph.

Dave felt able to award the maximum 20 points to only one picture during the evening, a study of a peregrine falcon by Mark Lowen in the Colour Print section.

The winners of the other sections had to make do with 19 points each.

December Results:

Colour Print:

1. Peregrine Falcon by Mark Lowen
2. Orisre Williams by Jason Aspinall
3. (joint) Alexandra Burke by Jason Aspinall, Piggy Back Rider by Alan Preece

Monochrome Print:

1. Towards the Cuillins by Brian Trego
2. White on White by Hugh Winnan
3. Here's Looking at You by Mark Lowen

Projected Image:

1. Dave and Skip by John Harvey
2. Pixie by Mark Lowen
3. (joint) Welsh Barmes by Brian Trego, Morning Exercise by Brian Trego, Artist at Work by Mike Lewis

Barry Camera Club meets every Friday at 7:30pm at the St. Francis Millennium Centre, Porth-y-Castell, Barry. Prospective members are invited along, for a small fee at the door of £1.50.

GEOFF FOWLER

Penarth Computer Club 'Explore your computer and see what you find'

"EXPLORE your computer" is sound advice – exploring is a great way to learn and should be practised by everyone, whether a novice or an improver.

Nobody is an expert on all aspects of computers – so that covers everybody! There are always corners yet to be explored and I've been pressed into exploring a few recently.

I now have Windows 7 on my desk-top, but for some reason the computer now refuses to boot up! That is not quite true, as it will start and perform beautifully when it feels in the mood. (It is nothing to do with the new operating system, because it fails before the operating system is loaded.)

I've checked the cable connections and re-seated all the internal components and even replaced a couple of internal cables – to no avail.

In one of its working sessions, I tackled the problem of the wireless keyboard that decided in a random fashion whether or not to type a letter when I pressed a key.

To cure that, I downloaded an updated driver from the manufacturer's website and installed it quite easily, in spite of the process needing a couple of computer restarts.

No improvement achieved, so that is another problem (sorry – learning opportunity) to

enjoy when the boot-up learning opportunity is exhausted.

When that happens I should be able to get my email system up and running.

Just to add to the fun, my laptop has suddenly gone on a go-slow strike. Someone has taken it away to investigate for me and is making some progress.

It could be a conflict between recently

installed security software, or the installation of new email facilities. Time will tell.

Timing the changes over the holiday was a good move, as I hope to get it all sorted before it becomes a serious inconvenience.

It has the makings of an interesting new year for me. May you enjoy yours as well.

HOWARD DESMOND

The day Nicola met Vernon Kay



NICOLA EVANS of Barry celebrated Slimming World's 40th anniversary in style by cuddling up to television and radio presenter Vernon Kay at the company's annual awards ceremony recently.

She met Vernon at Slimming World's glitzy event to celebrate the achievements of the most successful slimmers. The Radio One DJ, who also presents ITV1 shows *Family Fortunes* and *Beat the Star*, joined Slimming World's founder and chairman Margaret Miles-Bramwell to host the event in Birmingham.

He said: "I've met a lot of inspirational people during my career, and Nicola and Margaret are both just that – inspirational. It's amazing to think that back in 1969, Margaret had a dream to help people lose weight and now, more than 40 years later, that dream is a reality with thousands of Slimming World consultants like Nicola helping people to slim and achieve their own dreams every week."

Air accident inquiry says Kenfig pilots 'did not see each other'

A detailed RAF inquiry into a plane crash over Kenfig Nature Reserve last February has concluded that it was a tragic accident – caused by neither pilot seeing the other.

The report has firmly dismissed any suggestions that the planes were doing 'aerobatics' – and it has also said that the planes were not flying alongside each other so that passengers could wave to each other.

Instead, the examining panel says that a number of factors led to reduced visibility – and that the collision was pure chance.

Air Cadets Katie-Jo Davies, 14, and Nikkita Marie Walters, 13, from Gilfach Goch, and their instructors, Flying Officer Andrew Marsh, 24, from Penarth, and Flying Officer Hylton Price, 63, who lived in Bridgend, all died in the crash.

It was on Wednesday, February 11, that they set off from RAF St Athan for a 25-minute 'experience' flight in Grob Tutor Aircraft.

The picture painted by the examining panel is of two planes taking off from St Athan and flying west, about one mile apart. They were not in radio contact.

Above Kenfig Nature Reserve, the lead plane began a long turn, possibly with a view to heading back to St Athan, or because it was doing a "look-out scan" – a manoeuvre designed to check where the second plane was.

In fact, the inquiry says there is evidence that the second plane had been doing a similar lookout scan as well.

It was during this turn, says the inquiry, that the two pilots failed to make visual contact.

When the collision came, the second plane was maintaining a straight course, and the lead plane was still executing its turn.

At the point of collision, the lead plane was at an angle, with its right wing tip raised, and it was this wing tip that made contact with the other plane, just before its tail section.

As a result, the second plane lost its tail section and went into a rapid descent. The inquiry suggests that, although the collision took place at an altitude of 2,600 feet, it was only 17 seconds before it hit the ground.

The pilot 'exited' the plane 700 ft above ground but, as he apparently made no attempt to inflate his parachute, the inquiry believes that he was probably unconscious when he was thrown out of the cockpit.

by PHILIP IRWIN

The 'lead' plane, having lost its right wing in the collision, spiralled to earth, and the inquiry estimated that it took 23 seconds before hitting the ground.

The inquiry noted that the pilot had unclipped his safety harness, but had not attempted to eject.

It is thought that he was probably making a vain attempt to release the harness of his passenger.

The accident inquiry has gone into great detail, and commissioned computer simulations of the

incident, and also asked experienced flyers to recreate the events in similar aircraft and in similar conditions.

A whole range of factors are mentioned, including the white colour of the planes, which may have been difficult to see against the background of distant cloud, and the fact that one plane may have been coming out of the sun.

There was also discussion of whether one of the pilots had expected the other plane to be in a different sector of his field of view, and therefore was concentrating too much on one sector.

However, the main concentration appeared to be on the design of the cockpit on the Grob Tutor. Experts said that the canopy arch, spine and handle all contributed to cutting the field of view.

The inquiry panel also noted that the pilot in the lead plane was wearing corrective flying spectacles and that this, in conjunction with the canopy of the plane, could have created a blind spot in his field of vision.

A total of 15 recommendations have been made by the inquiry panel, with many aspects of the current flying regime to be reviewed.

Emergency services battle hard to keep the Vale moving...

ROAD conditions were treacherous yesterday (Wednesday) as vehicles across the Vale struggled to make journeys.

A Vale police spokesman told The GEM: "On Ty Newydd hill in Barry, a bus bumped into a number of cars.

"It came to a halt, and fortunately no-one was injured.

"In Llyswoerney, a fuel tanker jack-knifed and there were traffic hold-ups from 8am in the morning.

"The vehicle was removed by 9am, but traffic was unable to make the journey down the B4270 from Llantwit Major."

Police advised people to only venture onto the roads if it was absolutely necessary.

The Welsh Ambulance Service said it was being selective about who it should transport, but was ensuring that high priority patients still made hospital appointments.

A spokesman said: "Due to the adverse weather, our patient transport service is only taking specially identified patients, such as renal and cancer patients, to hospital clinic appointments."

"No other patients will

be transported, unless it is at the specific request of a hospital due to the nature of the treatment which is needed."

The ambulance spokesman continued: "In addition, our health courier service is concentrating on maintaining supplies at blood banks and hospitals, rather than transporting routine medical specimens from GP surgeries for analysis."

"Because of the road conditions that everyone is experiencing as a result of the severe weather, there may be delays in emergency

vehicles getting to patients, but we are working to limit the consequences of this."

"As part of this, we are currently making use of 4x4 support vehicles, which are more suited to the extreme conditions."

"People do seem to be heeding the advice to only dial 999 in a real emergency, and that is also helping."

"We continue to ask people to only contact 999 if absolutely necessary and only in the event of a life threatening emergency."

Win a pair of tickets to 'Winner Takes It All'

'THE WINNER TAKES IT ALL' at Barry's Memorial Hall and Theatre unites Voulez Vous and Jive Talkin' to bring you the ultimate double bill filled with the music of ABBA and The Bee Gees – and you can win a pair of tickets.

A spokeswoman said: "Featuring an all-new line up and boasting a 10-piece ensemble and live string section, Voulez Vous perform a non-stop barrage of adrenaline fuelled hits, including

Dancing Queen, Waterloo, Take a Chance, and Fernando.

You can also get ready to sing and dance to such disco classic as Stayin' Alive, Night Fever, More Than a Woman and Tragedy, as well as the older hits such as Massachusetts and Words."

To win a pair of tickets for The Winner Take It All, just answer this question:

Q: Name the fourth member of ABBA: Agnetha, Benny, Frida and ?

The show takes place at the Memorial Hall and Theatre on January 30 at

7.30pm; tickets are £16.50, concessions £14.50.

Competition rules: 1 Closing date for entries: 22.01.10; 2 Winners will be randomly selected and informed on 22.01.10; 3 Competition prize is a pair of tickets for The Winner Takes It All, Saturday, January 30, 2010; 4 Employees of BTC of MH&T are not eligible to take part in this competition.

Send your answers to and relevant contact details to: Memorial Hall and Theatre, Gladstone Road, Barry, CF62 8NA; or email the boxoffice@barrymemo.co.uk

Phillips Animal Bedding Ltd

THE HORSE BEDDING SPECIALIST
The best horses deserve the best bedding!

● **Champion Wood Shavings:** Incredibly clean, light, fluffy, small flake shavings with excellent absorbency.

● **Shavings/Straw Bale, sprayed with Eucalyptus & Citronella:** Specially processed straw/shavings mix with excellent spreadability over stable floors, very absorbent and cosy for your horse.

● **Flax Bedding:** This very popular bedding is suitable for all types of stable floors whether you deep litter or just sprinkle it on rubber matting. 100% biodegradable, extremely absorbent and dust free.

● **Wood Pellets:** Made from specially selected wood, very absorbent and economical.

Prices/delivery/collection/enquiries
Call Norman Phillips on 07967 783813
or email normanphillips@btconnect.com
www.dustfreehorsebedding.com
Croesarnearn Farm Bassaleg Newport NP10 8RR.
(Just off J28 on the M4)



You could become a homeowner.

Now is the time to buy



HOME OF THE WEEK!

Plot 390,
The Enbourne,
3 bedroom detached home
with parking

Now £168,995

Opening hours daily 11am - 6pm,
Saturday 10am - 5pm



With a deposit
of £8,450*

Barratt have brand new award winning houses and apartments all over the UK waiting for first time buyers. With our helpful buying schemes*, we could help reduce your mortgage by providing an interest free loan of up to 15% for up to 10 years. This means your deposit could be as low as £8,450*.

Has there ever been a better time to buy your first Barratt home?

Find the right Barratt development for you online now.



BARRATT
HOMES
built around you



Find out more about low deposit options
barratthomes.co.uk
or call 01656 725348

*Shared Equity Schemes available on selected plots only. Subject to availability and use of a Barratt Nominated Independent Mortgage Adviser and Solicitor and 28 days exchange of contract. Terms and conditions apply. See website for details or call us about our shared equity schemes. Schemes cannot be used in conjunction with one another or any other Barratt scheme or offer. Interest free loan of up to 15% is based on the value of the home after 10 years or when the property is sold or transferred if earlier. Barratt reserves the right to withdraw or alter this offer at any time prior to reservation. Images typical of Barratt Homes. *£8,450 is based on 5% deposit before 15% loan has been applied and assumes a purchase price of £168,995.



DON'T DO IT YOURSELF

Call a professional
From our A-Z list



Aerials and Satellite

ARE YOU READY FOR DIGITAL?

OneVision DIGITAL

FREE ESTIMATES
FREE SKY DIGITAL
FREE INSTALLATION
SAME DAY SERVICE

- Domestic & Commercial
- Discounts For Oaps
- 24 Hour 7 Days Service
- 12 Month Guarantee
- Digital Aerials Supplied And Fitted And Adjusted
- Digital Switchover Specialists
- RDI Approved Installers

Plasma Wall Mounts & Hidden Cable Specialists

LIMITED OFFER

- New Sky Plus Digital Systems Free
- Sky High Definition Systems Free
- Free Standard Installation

Vale of Glamorgan 01446 439 306
Bridgend 01656 349 281

www.onevisionltd.co.uk

Blinds and Curtains

solar create the mood...

CHECK OUT OUR JANUARY SPECIALS

BLINDS AWNINGS WINDOW FILM @ DAYTONA

sales@solarsunshades.co.uk www.solarsunshades.co.uk
Unit 3F, Palmersvale Business Centre, Palmerston Road, BARRY

01446 740842

BLINDS AWNINGS WINDOW FILM

sales@solarsunshades.co.uk www.solarsunshades.co.uk
North Road, Bridgend Ind. Est, BRIDGEND CF31 3TP
(*Interest free available, details on request, subject to status)

01656 663800

24 *monthly interest free payments

VALE DIGITAL
AERIAL & SATELLITE SERVICES
DIGITAL AERIAL SPECIALIST

Freeview & Freesat specialist
Sky & Freesat HD systems installed
LCD & Plasma wall brackets supplied & fitted

Tel: Tim on 01446 793 189
0777 220 6399 anytime

Competitive prices • Free Estimates • 7 Day Service
COVERING ALL AREAS

The Aerial Man

- * Digital Aerials
- * Repairs & Upgrades
- * Local Engineer
- * Affordable Prices
- * Reliable Service
- * OAP Discounts
- * Free Home Visits

0800 195 2036
07818 413 451 Freeview
www.theaerialman.tv

DIGITAL AERIAL & SATELLITE SERVICES
(established 1980)
REGISTERED DIGITAL INSTALLERS
DIGITAL SWITCH OVER SPECIALISTS

Digital aerials, Sky Plus or Sky HD installed, repaired or adjusted at competitive prices, with discounts for OAPs

For a free estimate, advice or any service, call Colin Williams on
FREephone 0800 317536

MEGARAY AERIAL & SATELLITE SERVICES
(over 36 years experience)
REGISTERED DIGITAL INSTALLER

We install all types of digital equipment: Sky+ & Sky+HD, FreeSat HD, FreeView boxes, PVRs, Digital Aerials at competitive prices.
Sky+ Free & Free Fitting • Sky+HD £49 Free Fitting

Tel: 0800 980 4181 • 07966 283002

ATTENTION ALL SERVICE PROVIDERS!

2010 IS UPON US.
HAVE YOU PLANNED YOUR MARKETING STRATEGY YET FOR THE YEAR AHEAD?
WHY NOT CALL FOR PRICES?
TEL 01446 774484

Promote your business with
The GEM
reaching Penarth to Porthcawl

READY FOR DIGITAL

EURO-SAT LTD.
SATELLITE AND AERIAL SPECIALISTS

Sky Installations • Upgrades • Multi Room • Freesat
Freeview • Home moves • Telephone Extensions
• European Systems • Free Estimates

Call Simon Now 01446 749502
7 Day Service 07966 592416
sales@euro-sat.co.uk 0800 118 5675

Blinds and Curtains

BLIND SALE
OUR NAME IS OUR GUARANTEE
STARLINE
AWNINGS & BLINDS

'NEW SHOWROOMS' UNIT 3 & 4
WESTERN INDUSTRIAL ESTATE CAERPHILLY CF83 1BQ
www.starline-blinds.co.uk

TEL: (029) 2086 0631

VALE BLINDS (Wales) Ltd
SALE NOW ON

- Vertical Blinds • Roller Blinds
- Venetian Blinds • Roman Blinds
- Velux Blinds • Curtain Rails/Poles
- Repairs & Servicing Undertaken
- Perfect Fit Blinds • Intu Blinds

Tel: (01446) 710304 / 07792 733443

3 GOOD REASONS

- 1 FREE Fitting
- 2 FREE Quotation
- 3 5 Year Guarantee

3 BLINDS FOR £99 VERTICALS

Freephone: 0500 295192
Made in Wales.....Proud to be Welsh

Mirage Blinds
One offer per Household - Selected Ranges 80" X 80" Maximum

THE BEST EVER MADE-TO-MEASURE BLINDS SALE
ENDS 31 JANUARY

3 FOR £99 SELECTED VERTICALS

Every range now up to HALF PRICE in our January Sale. Choose from hundreds of styles, fabrics and finishes, all with FREE measuring and fitting

CALL NOW FOR A FREE NO-OBLIGATION APPOINTMENT
0800 916 6563
Lines open 8.15am-5pm weekdays, 9am-5pm weekends
www.hillarys.co.uk

Building Services

GM CONSTRUCTION
Gary Richards

- New Build
- Extensions
- Renovations

T: 01656 674009
M: 07815 730480

C. ANDERSON (BARRY) LTD
Est 1949

General Builders & Property Maintenance Specialists

Roofing, Fascias & Gutters, Plastering, Carpentry, Decoration, Renovations & Extensions

Free Estimates
Tel. 01446 737291

B. W. Construction and Property Maintenance

- GENERAL BUILDING
- CARPENTRY & JOINERY
- KITCHEN FITTING
- PLASTERING
- BRICKLAYING
- PATIOS AND BLOCK PAVING
- DECKING AND GARDEN DESIGN
- ELECTRICAL & PLUMBING

24 HOUR CALL OUT
For the professional touch, phone for free estimate with no obligation

No sales people, no middle man, no problem
01446 713814 07742 572731

Accountancy Services

Walden Accountancy & Business Services

- ACCOUNTS & TAX RETURNS
- RECORD KEEPING
- MANAGEMENT ACCOUNTS
- STAFF TRAINING & SUPPORT

Starting your Business?
Need help now with 31 January deadline?
Professional, friendly service. Competitive rates.

Tel: (01446) 772860
Mobile: 07968 141 268

M&C BUILDERS
Extensions
Plastering & Dry-lining
Kitchens - Bathrooms
All aspects of Building Work.

07815 159985
or 07530 139015

LLANDAFF BUILDING COMPANY
All Building Work Undertaken.
Extensions - Restorations.
Specialist Stone Work.
Call for free quotations
07950 767811
rhys.llewellyn@gmail.com

See more Building Services on next page



DON'T DO IT YOURSELF

Call a professional
From our A-Z list



Building Services

GRABit
PLANT HIRE LTD **FAST & PROFESSIONAL SERVICE**
Groundworks, Building & Civil Engineering Contractors

REGISTERED WASTE CARRIERS
18 ton load grab collects clean waste - soil & hardcore @ £140 per load
14 ton load grab collects clean waste - soil & hardcore @ £120 per load
7 ton load grab collects clean waste - soil & hardcore @ £80 per load
Green loads collected - tree trunks, bushes, hedges, conifers.

AGGREGATE DELIVERIES
10 ton scalings @ £150 per load • 10 ton 10mm clean stone @ £220 per load
10 ton sand/sharpe/build @ £220 per load • 10 ton stone dust @ £220 per load
Top/Recycled soil available - All prices exclusive of VAT

For advice and free quote, call Wendy on 01446 700535 Fax: 01446 738085

327 Vale Enterprise Centre, Hayes Road, Sully CF64 5SY
Tel: 01446 700 535
Fax: 01446 738 085

- Building & Civil Engineering Contractors
- All size plant with drivers for hire
- Footings to DPC
- Demolition
- Concrete Raft, Structural Works
- Grab Hire Service
- Site Clearance
- Registered Waste Carriers
- Garden Landscaping/Paving/Slabbing/Dropperbs & Tarmac

Double Glazing

Bridgend Windows
and maintenance
Specialists in all aspects of
pvc-u Windows, Doors and Conservatories.
Also available Repairs and maintenance
Guardian Locksmith Qualified.
For your free estimates, call
01656 788403; Mobile: 07966 025287
QUALITY & SERVICE GUARANTEED
www.bridgendwindows.co.uk

WINDOW AND DOOR REPAIR SERVICE

OVER 30 YEARS EXPERIENCE IN ALL ASPECTS OF
UPVC AND ALUMINIUM WINDOW AND DOOR REPAIR
Do you have any of the following problems...?

Misted-up Double Glazing • Broken Hinges
Seized Patio Door Rollers • Faulty door Locks
Seized Handles • Draughts • Broken Letter Box • Leaks, etc
If so phone for a free estimate and advice

FREEPHONE COWBRIDGE 0800 169 5171

We offer a competitive and friendly service to the Vale and surrounding area
TRY US FOR NEW UPVC WINDOWS AND DOORS
8 am - 8 pm (7 days)

Window Tec UK
• Window and Door Repair •

Carpet/Flooring Services

VALE CARPETS
The Carpet Shop
that comes to you
100's of Carpet & Vinyl samples
Established since 1980
Also Carpet, Upholstery Cleaning
Tel: Paul Wright
01446 751152
07811 092477

Home Master Plus
Carpet & Oven Cleaning
"We Guarantee to beat any quote"
New Year Special!!!
Single Oven & 3 Carpets Only £85
Single Oven: £35
(Inc Oven, Hob & Grill)
Aga's and Ranges
also cleaned
Carpets Cleaned from £25
Freephone 0800 0432 790
www.homemasterplus.co.uk

STEVE MOLONEY
Double glazing repairs.
Hinges, handles,
misted up sealed units,
complete repair
service available.
Established 1979.
01656 783594
OR
07877 558525

Disposal Services

Acorn
Cesspit and Septic
Tank Clearance
Domestic and trade
enquiries welcome
Unbeatable prices
Phone: 01656 862414
Mobile: 07779 255639

Carpentry
PROPERTY MAINTENANCE
Carpentry, Doors,
Skirting, Laminate
Floors, Flat-Pack
Assembly, Fencing,
Decking, Sheds,
Log Cabins
Call Tony on
01446 750698

LLANTWIT MAJOR CLEANING SERVICES
Carpet and Upholstery Cleaning
Average Carpet £35 3-Piece Suite £70
DIY Hire Service 1/2 Day £10, 24 hours £15
- FREE DELIVERY -
Tel. Llantwit Major 796227

Computer Services

AB COMPUTER SERVICES
TUITION - BROADBAND
WIRELESS NETWORKS
REPAIRS & INSTALLATION
For home or office
Tel: 07811 422 946
27 High St, Cowbridge
www.andrewbeddard.co.uk

HD Computer Solutions
• All problems fixed
• Fast, reliable, on-site service
• Friendly advice freely given
• No fix, no fee
• Free callout
Tel 01446 773158
07779 713604 anytime

RV If its wood -
we're very
good!
CARPENTRY
Kitchens • Flooring • Stairs
Tiling • Alterations • Decking
Call **0800 1357574**
Peter **07749 617322**

1st CHOICE CLEANING SERVICES
• Clean/Sanitise Carpets
and Upholstery
• One price - No extras.
• Pet Odour/Stain Removal
• Protective Treatments
• Leather suite cleaned & fed
Local, reliable & Professional
01446 737695
07930 157952

STEVE SEGUST FLOORING
Carpet Fitting, Refitting
& Repair Service Available
- Est 1987 -
Choose from the comfort
of your own home.
Free quotations, fitting,
underlay and gripper.
All types of flooring
available with a huge range
of samples to choose from.
Best prices around.
Call any time.
01656 768120
or **07774 807111**

Miskin.I.T
Home computer help, repair and tuition
Network Installation
System Restore
Hardware Upgrades
Website Design
Personal Tuition
No fix - no fee. First hour only £25, then £7.50 for each half hour.
Complete Windows restore £35. Tuition from only £14 per hour.
Visit **www.miskin-it.com**
for more details, or call
07894 389059

Menzies
Carpentry Services
• KITCHENS SUPPLIED
& FITTED
• BESPOKE FURNITURE
• DOORS
• DECKING • FENCING
Portfolio • References
01446 760104
or **07917 102766 - Mark**

Clock Restoration

ANTIQUE CLOCK RESTORATION
www.mjmclocks.co.uk
01446 737466

Garage Doors

GDS GARAGE DOOR SERVICES
The garage door specialists
All types of doors
supplied, fitted & repaired
Over 15 years experience.
Same day repairs.
07783 703366
01446 743181
www.gdsdoors.co.uk

DIAL A CARPENTER LTD
For all your
Carpentry needs
No job too big
no job too small
07788 455656
01446 719500

ATTENTION ALL SERVICE PROVIDERS!
2010 IS UPON US. HAVE
YOU PLANNED YOUR
MARKETING STRATEGY YET
FOR THE YEAR AHEAD?
WHY NOT CALL FOR
PRICES?
Promote your business with
The GEM
reaching Penarth to Porthcawl

Advertise your
business with
The GEM
call on
01446 774484

Computer Problems?
WE FIX THEM!
crystal-it
info@crystal-it.co.uk - www.crystal-it.co.uk
Home visits
Evenings and weekends available
01446 700885
Computer HELP when you need IT

Decorating Services

D.GULLIVER First Class Painter
and Decorator
Paper Hanging a Speciality
• All Internal & External Work
• No job too Small
• 25 Years Experience
• Free Estimates
Tel 01446 403853
Mobile: 07800 652608

Copley
John Clissett
Interior & Exterior Painting & Decorating
Free estimates.
T: **01446 750625** M: **07980 691584**
Serving the Vale for over 35 years

STEVE AIREY
Decorating Services
For a
Free
Quote ...
Internal
& External
Painting and
Decorating.
Fully
qualified.
01446 795520
07891 768151

Cowbridge Decorating Company
Interior & Exterior Work Undertaken
• Clean, Tidy & Reliable
• Insurance Work Undertaken
• uPVC Soffits, Fascias & Guttering
• Domestic and Commercial
• Free Estimates
• Quotations
01446 771137
Cowbridge • Mobile: 07973 628842
e-mail: cdc137@hotmail.com

RAY PRICE LTD
Painting &
Decorating
30 Years Experience
All Work Guaranteed
FREE ESTIMATES
Call Nick
01446 772702
07505 979078
Weekend calls welcome

NH PAINTING & DECORATING SERVICES
Exterior/Interior.
Gutters Cleaned.
Free Quotes.
Clean tidy worker.
Call Nick
01446 772702
07505 979078
Weekend calls welcome

barry-today.co.uk
cowbridge-today.co.uk
llantwit-major-today.co.uk
porthcawl-today.co.uk
bridgend-today.co.uk

Driving Tuition

Cats Eyes
Driving School Ltd
• Lessons from £9.50
• Learn at 14 - no driving licence required
• Student/Nurse discounts
• Horsebox/Caravan training
Call for Special Offers: 0800 0280 406
01446 793644/794899
www.catsesdrivingschool.co.uk

LANEWISE DRIVING SCHOOL
First 3 hrs for £25.50
First 10 hrs for £117
For Total Beginners
01446 719555
07798 501267

SUNNYSIDE SCHOOL OF MOTORING
DoT, ADI, RoSPA (Gold Award)
Pass Plus Registered.
Punctual, patient & reliable instruction. Pick-up Service. Theory tuition if required.
Tel: (01656) 658108
Mobile: 07968 230465

PAL DRIVING SCHOOL
NEW YEAR DEAL
Manual & Automatic
Male & Female Instructors
www.paldrive.co.uk
0800 783 6183
07976 981676

barry-today.co.uk
cowbridge-today.co.uk
llantwit-major-today.co.uk
porthcawl-today.co.uk
bridgend-today.co.uk

Electrical Service & Repairs

REPAIRS
Washing Machines Electric Cookers, Tumble Driers, etc
Repaired in your own home
Freephone 0800 2984518
Barry 744117

LAING Electrical Services
DOMESTIC, COMMERCIAL
ELECTRICAL INSTALLATIONS
FIRE ALARMS
DESIGN, INSTALLATION, MAINTENANCE
N.I.C.E.I.C. Approved
Competitive prices
St Athan 751033
Mobile 07980 712777

Dave Reffell
Electrical Services
Domestic Installer Scheme
Free Quotations
01446 751743
07743 500149
dmreffell@hotmail.co.uk

R.J.B. Electrical Contractors
formerly Cowbridge & Vale Electrical
All electrical installation works carried out.
Emergency call-out, re-wires, sockets, lights, Security.
Tel 01446 792468
Mobile 07885 347642
N.I.C.E.I.C. Approved Contractor

ELECTRICAL REPAIRS
Washing Machines, Cookers, Fridges, Freezers, Cleaners, Tumble Dryers etc
K. WATKINS
Electrical Services
Bridgend 650723

TELE-ELECTRICAL SERVICING
Service centre for most leading makes of TV, Video, Hi-Fi & Camcorders.
Installations carried out.
Tel: (01656) 654156
or 07792 887835

HR ELECTRICAL
Domestic & Commercial Electrical Installers
Competitive Prices
Please call for a free quote
07702 316912

Gaslec
All aspects of Plumbing and Electrical work undertaken by time served Tradesmen. Part P Approved. For Free Estimates Contact us on:
01446 400464
07870 471690
07815 845947

Funeral Directors
W. A. Brown & Son
Funeral Directors
Contactable 24 hours a day, 7 days a week.
• Funeral pre-payment plans • Memorial masonry
Llantwit Major 01446 792489
Pembroke House, College Street

Garden Services

Stables • Field Shelters • Kennels
• Play Houses • Log Cabins
Ashdown Sheds
Timber Framing • Potting Sheds • Garages • Show Jumps • Hay stores
January SHED Orders SAVE 10%
(Delivery future date, at your convenience)
Tel: 01446 772800 or Mob: 07815 304 156
www.ashdown-group.com e-mail: info@ashdown-group.com

RIVERLEA Vale Business Park, Llandow, Cowbridge CF71 7PF
Horticultural
Tel: 01446 775602 Fax: 01446 773476
www.riverlea.co.uk
Husqvarna Main Dealers
LAWN MOWERS • RIDE-ONS • CHAINSAWS
STRIMMERS AND GARDEN ACCESSORIES
Most makes serviced and repaired
Collection service available
Sales Service Repairs

NIP GARDEN & LANDSCAPING SERVICES
• Decking & fencing • Block paving & patios
• Terracing & turfing • Ponds & water features
• Landscaping & low maintenance gardens
• Design Service • Tree felling
ALL WORK GUARANTEED
Call Nick on 01446 710736
or 07790 166480
www.gardenandlandscapeservices.co.uk
Fully insured, excellent references and portfolio available

Evergreen Property & Garden Maintenance
All aspects of internal and external work carried out.
Licensed Waste Carrier
Qualified - Insured
Free Quotes
Tel. 07828 057381

The Green Factor Ltd
Free estimates, fully insured.
• Landscaping • Fencing
• Decking • Hedge Cutting
• Garden Clearance
• Patios and Paving
Call Paul on 01446 736525 or 07815 319427
WE ARE QUALIFIED, RELIABLE AND LOCAL

HGS Garden Services
Landscaping & Carpentry
Lawns. Hedges. Decking
Fencing. Patios. Paving
Portfolio Available
Contact Stephen on
07904 092089/01446 750698

MJP Gardecio Ltd
All Garden Services
• Fencing/Decking
• Raised sleeper planters
• Patio's re-pointed/jettied
• House Painting
01446 747147
07791 630169

Handyman

Home&Garden Care
Electrical • Plumbing
Carpentry • Trees
Hedges • Grass • Cutting
No job too small, free quotes, friendly advice.
Prices from £15.
Tel: 01446 420059
07980 063087

Plastering

Cowbridge & Vale PLASTERERS
All Interior and Exterior work
Free Quotes
Tel. 01446 774899
0781 685 7935

GUY FORD Quality Plastering Service
No job too small
FREE QUOTES
07812093098

EVANS
Plastering & Tiling
ALL INTERNAL & EXTERNAL RENDERING
All internal plastering... ceilings, dry lining and walls, coving and small buildwork
Tel. 01446 406 191
Mobile: 07875 703723

Plumbing & Heating

Celtic Plumbing and Heating
safe REGISTERED
Corgi registered gas installers
All aspects of plumbing and heating work undertaken.
01446 732 145
07973 785 339
07956 887 536

DC Plumbing
• NO call out charge
• Flexible hours
• No job too small
Call Dave on -
Tel: 01446 413971
Mobile: 0779 263 9909

DOUGFIELD BATHROOMS
BATHROOM, HEATING & PLUMBING SUPPLIES
22 Ty Verlon Industrial Estate, Cardiff Road
BARRY CF63 2BE
Tel: 01446 701808 / 738828 Fax: 01446 721022
Unit 1 - New Street, Bridgend Industrial Estate
BRIDGEND CF37 3UD
Tel: 01656 650050 • Fax: 01656 650550
BATHROOMS • SHOWERS • PLUMBING/HEATING
EXTENSIVE SHOWROOMS OPEN TO THE PUBLIC

PAUL MARSHMAN
24 HR DOMESTIC PLUMBING SERVICE
Repairs • Installation
Tiling • Electrical
01446 740176 • 07876 506982

M & R Heating & Plumbing
All aspects of Plumbing work undertaken. Boiler Installations, Gas Fires & Cookers, Bathroom Suites & Tiling
07861 294529
01446 401203

S.M. Vaughan
HEATING & PLUMBING INSTALLATIONS
safe REGISTERED No. 230141
• Boiler Installation Specialists
• Servicing • Bathroom Installation
• Gas Safety Certification
01446 734733 • 07976 790096
Unit 11, Ty Verlon Ind. Estate, Barry

M MARTYN PLUMBING SERVICES
Bathrooms, showers, radiators, outside taps, washers, power flush & any plumbing jobs.
07526 125982
01446 753503
No job too small. Free quotes.
Fully insured.

JOHN SARTAIN
Plumbing & Tiling
01446 794266

WARMRITE
PLUMBING & HEATING
Installations - Breakdowns
Servicing - Certification
• Central Heating design & Installation • Underfloor Heating Specialist
• Solar Panels • Experts in all plumbing applications • 20 years experience
• Fully insured • All work guaranteed • No job too small
• 5 years parts & labour guarantee on new boilers
Mob: 07870 697133 or 07816 447386
E-Mail: warmrite@live.co.uk

Plumbing & Heating
Geoff Maunders, 1 Elan Close, Cwm Talwg, Barry
07815 097994 24 hrs, or 01446 732167
Combination Boiler Specialist
Boiler Breakdowns. Central Heating Installations
Boiler Change Over • Cookers
Bathroom Suites • Showers • Towel Radiators
Taps • Tap Washers • Outside Taps • etc
All Work Guaranteed.
Fully Insured. Fast, Friendly Service.
NO CALL OUT CHARGE 25% DISCOUNT FOR OAPS
safe REGISTERED 301616

Ecoheat
Central Heating Specialists
• PLUMBING • HEATING • SOLAR
5 Year Warranty On Boilers
Tel: 01446 746418
Freephone 0800 012 63 15
www.ecoheatservices.com

VJ Plumbing
Bathrooms, Wetrooms
Underfloor Heating
Rads & Maintenance
Plastering & Tiling
Insured & Qualified
Rhoose based
07872 311902

DK Heating & Plumbing
Gas Safe Registered Installer
• Central Heating
• Bathroom & Tiling installation
• Landlord Certificates
01656 818653
07900 993740

PLUMBSAVE
PLUMBING & TILING SERVICES
No job too small, free quotes. Best work - best prices.
Call Lee on
01446 402462
07875 234140

Removals
Vale Removals & Deliveries
• Removals
• Deliveries
• House Clearance
FREE QUOTATIONS
02920 710039
07968 056822
www.valemovaisanddeliveries.co.uk

Rubbish Removal

Same Day Rubbish Removals
All types of rubbish removed. Houses, Garages, Gardens cleared.
Prices start from only £10.
All areas covered.
FASTER & CHEAPER THAN SKIPS
Contact Steve or Sarah on
01656 865116 or 07980 625116

Roofing

S MIDDLETON & SON
ROOFING SPECIALISTS
We cover all aspects of roofing including a 24 hour emergency call out service
□ Slatting □ uPVC Fascia's & Guttering
□ Tiling □ EPDM Rubberised Flat Roofing
20 year guarantee and 50 year life expectancy
Tel: 01656 720551 or 07973 488806 anytime
www.smiddletonroofingspecialists.co.uk

cfr 22 years of trading
ROOFING
All aspects of Roofing & UPVC
Check out our prices @ www.cfrroofing.co.uk
Unit 24, Vale Business Park, Llandow CF71 7PF
01446 775145

ROOFTEC
ROOFING SERVICE
New slate/tile/flat roofs.
Also fibreglass flat roofs.
All aspects of uPVC guttering, fascias, downpipes, etc.
Chimney/valley repairs.
House maintenance work carried out.
No job too small.
Guaranteed competitive rates.
Tel. (01656) 722593
Mobile: 07969 248688.
Free estimates
24 hour emergency call out.

SMS FLAT ROOFING
South Wales' leading supplier & installer of EPDM rubber.
Tel: 01656 728793 or 24hrs 07790 823525

barry-today.co.uk
cowbridge-today.co.uk
llantwit-major-today.co.uk
porthcawl-today.co.uk
bridgend-today.co.uk

Tiling
BILL FOULDS TILING SERVICE
Ceramic, Porcelain and Natural Stone Tiling, Decorating and Finishing Touches
Portfolio and reference available
01446 794141
07736 391937

Bonny Tiler
Wall & Floor Tiling Specialists
Full Bathroom and Wetroom installation
Professional, Friendly & Reliable Service
01446 796582 / 07854 168459
(after 6pm) (anytime) Confid

Situations Vacant



Lifelong Learning
Dysgu Gydol Oes

Library Assistant (Rhoose) # *

Up to £14,733 p.a. pro rata plus appropriate enhancements
for hours worked on Saturday

Ref: Y-TR-LB057

27 hours a week to cover the library's opening hours.

Temporary up to 31st December 2010.

Adult Services

Gwasanaethau Oedolion

Day Service Support Worker x 2

(Woodlands ATC) # *

Up to £16,830 p.a. pro rata

Ref: V/C/PW548

Monday - Friday / 33.5 hours per week

You will need to be female as the job requires a substantial amount of personal care to female clients. A genuine occupational qualification in accordance with Section 7 of the Sex Discrimination Act 1975.

For further information and an application form contact the Council by visiting www.valeofglamorgan.gov.uk or telephone contact OneVale on 01446 700111 between 8am-6pm.

Closing date: 28 January 2010.

Subject to # Job Evaluation and * CRB Disclosure.

valeofglamorgan.gov.uk

The Vale of Glamorgan Council is an equal opportunities employer.
Mae Cyngor Bro Morgannwg yn gyflogwr cyfllwr cyfartal.

Family Notices

SOLLIS Michael Herbert

Peacefully after a short illness on Thursday 7th January 2010 at the Princess of Wales Hospital, Bridgend, Michael of Llanmaes, formerly of Dover Street, Mountain Ash, loving husband of Jeanette, devoted father of Nathan and Rebecca, adored grandfather of Malo and cherished brother of Veronica and Michael. He will be sadly missed by all his family and friends both in Mountain Ash and the Vale.

Funeral on Wednesday 20th January 2010.
Service at Providence Baptist Chapel, Union Street, Mountain Ash at 2:20 p.m. prior to service and committal at Llydcoed Crematorium, Aberdare at 3:20 p.m.

Floral tributes may be sent to Miskin Funeral Home, 217, Penrhwiweiber Road, Miskin, Mountain Ash. CF45 3UN. Enquiries to T. Teify Davies Funeral Directors Tel: (01443) 476301.

WESTON Morfydd

1917 - 2009

Sheila, Ann and family would like to express their sincere thanks for all the cards and messages of sympathy received on their sad loss. Special thanks to the staff at Milsom House, St Athan for their wonderful care and also to Dr Kavanagh of Eryl Surgery. We would also like to thank Reverend Howard Heyburn of Bethel Baptist Church for the very moving service and to W A Brown, Funeral Directors for their kindness and help at this difficult time. Also thank you for all the generous donations to the British Heart Foundation.

WHITEMORE Peter

Passed away January 6th, aged 59. Peter of Cowbridge will be greatly missed by his best friend and partner Barbara and his three children Sarah, Becky and Paul. Peter was a kind and gentle man and much loved by all who knew him.

Funeral to be held on Wednesday 20 January 2010 at 11.00am at Holy Cross Church, Cowbridge followed by Cremation at Coychurch.

Family flowers only please.
Donations may be made in lieu of flowers to the R.N.L.I. or Medecins sans Frontieres.
C/o Thomas Bros. Mitson Cottage, Llandough, Cowbridge CF71 7LR

POWELL (née Curtis) Eileen Mary

Peacefully on the 5th January, 2010, Eileen Mary Powell aged 93, dearly beloved mum of Julie and Margaret, mother-in-law to David, wife to the late William Charles (Paddy) Powell. One time proprietress of an establishment in Park Crescent, Barry, once known as Maison Paula, ladies hairdressers.

Funeral Service to take place in The Chapel of A.G. Adams and Sons, Gladstone Road, Barry on Thursday, 21st January, 2010 at 9.45am. Thereafter, family only, to Coychurch Crematorium. Family flowers only but donations may be sent to Help For Heroes c/o the Funeral Directors.

"Our Heart still aches in sadness,
and secret tears flow.
What it meant to lose you,
No-one will ever know."
Always remembered with love.
Forever missed, Elsie & family.

HOSKIN Hilary

Janet and Jayne from Cowbridge would like to thank all family, friends and neighbours for the support and many messages of sympathy received following the recent loss of Hilary.

Particular thanks to all the Nursing staff at Velindre, Bridgend, Llandough and the Heath Hospitals, and the community team at Holme Towers and the Cowbridge & Vale Medical Practice for the care and attention given to Mum over the past year. Thanks also to those who have contributed to the donation fund in lieu of floral tributes, to Canon Belcher, Glyn Austin, the members of Holy Cross Church Cowbridge and to all who attended the services at the Church and Coychurch Crematorium. Finally thanks to Mr Thomas, Funeral Director for his help with the funeral arrangements.

FARMAN Thomas K. (Joe)

31/07/27 - 14/01/09

"My dearly loved husband,
I miss just being with you,
and the sharing of our love.
But deep down within me, beyond the
grief and pain, I know that sometime,
somewhere we will meet again."
Your loving wife, Gwyneth.

Birthdays

HAPPY BIRTHDAY

CLARE

(21)

"Daren't say how
old she really is -
she would never
forgive us . . . !!!"

From all your
workmates at The GEM

Wanted

A&L SCRAP METALS

WE BUY:

• COPPER

• BRASS

• LEAD

• STAINLESS

• ALUMINIUM

• WIRE & CABLE Etc.

• CARS

• VANS

• LORRIES

• ALL SCRAP

METAL

Cash Paid £££££

TURN YOUR OLD METAL INTO CASH
CALL: 01446 701707

CASH in your GOLD

£6.50 per gram - 9 carat • £13.00 per gram - 18 carat
TRADE APPROVED SCALES

Sell your gold in the privacy of your
own home - Weekend & evening
appointments available

Tel 01446 719247

SUTTONS Auto Salvage

Up to £100 paid on
collection, for scrap, MOT
failures, and tax expired
vehicles. Also body shells
and scrap metals collected.
No wheels, no problem.

Tel: 029 2059 7887
07971 648596

All MoT Failures and No Tax

£75 to £1,000

Collect (any distance).

02920 598762
07989 366919

BEST CASH PRICES given for ALL METALS & SCRAP VEHICLES

FRAZER METALS, BARRY
01446 732222
07895 467000

barry-today.co.uk
cowbridge-today.co.uk
llantwit-major-today.co.uk
porthcawl-today.co.uk
bridgend-today.co.uk

Lost & Found

FOUND SET OF KEYS

near hole15 at
Brynhill Golf Course
last weekend.
Two keys on one ring.
Please contact:

07877 224761

LOST IN PORTKERRY PARK

on Wednesday
6th January, 2010
Camera in Black Case
Camera and film of
very sentimental value
01446 711871
07968 544358

Articles For Sale

ADVERTISE HERE for up to 4 weeks for 50p a word plus VAT. To take advantage of this offer simply either send in your description along with a cheque for the appropriate amount made payable to "The Glamorgan Gem" at The Gem, Graig House, 53 Eastgate, Cowbridge CF71 7EL or telephone us with your wording by 12 noon Tuesday. All major credit cards accepted. Tel 01446 774484. Adverts must contain a residential land line telephone number. You may alter your advert as items are sold. Sorry no refunds are given.

FOUR PILKINGTON glass mirrors 7ftx6insx3ft with track. Ideal gym shop. £50 each. Four drawer pine chest ex cond £50. Tel: 01656 789096. (03)

BUSH Shoprider scooter, serviced regularly, fitted with carrier and basket £300 ono. Bernina sewing machine fitted in cabinet, recently serviced £75 ono. Tel: 01446 710512. (03)

EXTENDABLE round oak dining table and 4 chairs. Good condition £60 ono. Tel: 01446 721773. (03)

ITALIAN THREE PIECE SUITE Chocolate brown leather. Totally unused, still wrapped, unwanted Christmas gift. Cost £1,600, will accept £490. Can deliver. Tel: 07554 190739. (02)

SOLID PINE FURNITURE Two wardrobes £150 each. Dressing table £150. Corner TV unit £150. Two bedside cabinets £50 each. Chest £150. Headboard £100. Blanket box £100. Nappy changing unit £100. Tel: 01446 775975. (02)

ACORN SLIMLINE STAIR-LIFT Current model, includes fitting by Acorn engineer. Offers please. Tel: 01446 711739. (02)

CORNER UNIT Black & white, leather arms, clean and tidy (paid £500 2 years ago). Sell £200 ono, buyer to collect. Sony 40" TV, slight fault £10. Tel: 01446 730643. (02)

RELYON KINGSIZE MATTRESS Royal Connaught Dreamworld Executive with pocket springs. Expensive when new. £125 ono. Tel: Cowbridge 01446 773596. (01)

CALICO SOFA Two seater, four cushions £100 ono. Tel: 07714 961182. (51)

DARK OAK Computer desk, 5 doors, bought from Pump House, Cardiff. Excellent condition, bargain at £85. Tel: 01446 420966. (51)

ACORN STAIRLIFT Three months old. Price new £2,900, sell for £1,900 ono. Tel: 07971 576836. (51)

CANNON GAS COOKER Eye level grill, exc cond plus utensils £50 ono. Bamboo furniture, sun lounge £20. Fireside chair, Upright back with wooden arms £20. Items at Rhoose. Tel: 02920 882856. (51)

SAMSUNG 21" TELEVISION Colour, new, genuine offer. Still under warranty until Sept 2010. Base table included, £80. Tel: 01446 751118. (51)

Motors For Sale

1.6 Suzuki Baleno GLX Automatic

Silver, petrol, 64,000 miles, 7 months MoT, 6 months Tax

£1,075
01446 404543
07590 687541

Property

TO LET Barry

Room Available
in large 7 bedroom
property

Recently refurbished.

£60 per week

(including bills)

Tel: 07966 557537

Serviced, bright suite of
2 OFFICES
with impressive views

TO LET in central position of Llantwit Major with adjacent parking facility.

Rates, heating,
electricity, toilet,
welfare facilities
all included.

£80 per week

Tel. 01446 795161

BRIDGEND 2 BEDROOM FLAT BRYNMENYN

Laminate Flooring,
Parking - 5 mins from M4

£95 per week

07771 896628

Ref & Bond - No DSS

House Clearances

ANDREW WILLIAMS HOUSE CLEARANCES FULL/PART

Over 20 years experience.
Sympathetic handling
of deceased estates,
used by estate agents
and solicitors.

01446 409266
07885 251742

Thank You

THANK YOU! William (Bill) Taylor

I would like to thank all my family,
friends and neighbours for their kind
wishes, cards and presents for my
90th birthday on January 8th, 2010.

Special thanks to my children for
the surprise party and to all who
attended at the Cross Inn,
Llanblethian.

Anniversaries



GOLDEN
WEDDING
ANNIVERSARY
9th JANUARY

Muriel & Graham Saunders

would like to thank our children, Christine,
Linda, Angela, Clive and eldest grand daughter
Cheryl, along with their husbands and wives and
grand children, not forgetting Cameron (great
grandson) for the wonderful gifts and holiday
they gave us. It's something to treasure, having a
wonderful family. Lots of love to you all.

Mam & Dad x x x x

HOWE MOTORS LTD

"BARRY'S LARGEST USED CAR DEALERSHIP"

01446738088

AUDI | BMW | CHRYSLER | FIAT | FORD | HONDA | HYUNDAI | JAGUAR | JEEP | KIA | LAND ROVER | LEXUS | MERCEDES BENZ | MITSUBISHI | NISSAN | PEUGEOT | RENAULT | SEAT | TOYOTA | VW | AND MANY MORE

www.howemotors.co.uk



56 Volkswagen Tuareg in Obsidian black met, stunning, 51k, Full VW service history. Loaded leather, sat nav £18,445



57 Mercedes C220 CDI Sport 4dr New (Leather) in black, NEW SHAPE, diesel AUTO. AMG pk, full leather £17,995



07 Mercedes C320 CDI 3.0 Avantgarde SE Diesel in black met, 2007, DIESEL, 28K, FMBSH, leather, Sat Nav, COMMAND £16,995



57 Volkswagen Golf 2.0 GT TDI 170 PS Sport in red, 170 BHP, ONLY 30K FVWSH. Immaculate 1/lift, a/c, alloys, mp3 £14,995



05 BMW X3 2.0d M Sport 5dr (lthr) in silver met, ONLY 51k FSH. DIESEL Sport with leather, climate a/c £14,995



06 Mini Cooper S 1.6 Supercharged 3dr in silver met, CONVERTIBLE, leather, a/c ONLY 41K FMSH. Large balance of TLC pk. £11,995



05 BMW 120d in grey met, DIESEL automatic, 5dr, ONLY 42,000 miles, full service history, air con, electric windows £10,995



04 Audi A4 2.4 Sport Cabriolet Auto CVT in yellow met, ONLY 27,000 miles. ONE OWNER, auto, lthr, a/c £10,995



57 Mazda RX-8 231 5dr in grey pearl met, ONLY 9,000 miles. "AS NEW" lthr, a/c, 6sp, BOSE 6 disc CD £10,995



55 Volvo V70 2.4 D5 SE AWD Auto G-Tronic Diesel in yellow met, unmarked DIESEL. Loaded, lthr, a/c, pas, alloy massive spec please call. £10,995



56 Honda Civic 2.2 SE CDTi 5dr Diesel Sport Pk in red, NEW SHAPE 63k, DIESEL 5dr, Loaded, digi, a/c, alloys, e/w, PAS £8,995



55 Renault Megane RenaultSport 225 2.0T 3dr in Athena met black, A/C, CD, PAS, alloy wheels, 33,000 miles £8,995



05 Mazda RX-8 231PS 4dr in red mica met, ONLY 28K FULL MAZDA SERVICE HISTORY. Lthr, alloys, BOSE. £8,495



08 Toyota Yaris 1.0 TR 5dr in red met, ONLY 12k, NEW SHAPE. FTSH. In new cond, a/c, alloys £8,495



54 Mini Cooper S in British Racing Green met with white wheels/roof, pk. Auto £7,995



07 Vauxhall Corsa 1.4 16v DESIGN 3dr in blue metallic, NEW SHAPE 3dr, ONLY 14K FSH. Air con, pas, leather £6,995



08 Ford Fiesta in black met, anthracite pack, ONLY 23k, full service history, alloys, air con £7,445



07 Peugeot 207 1.4 Sport 5dr (a/c) in black met, NEW SHAPE, only 38k. FSH. Low insurance, alloys, a/c £6,995



55 Vauxhall Zafira 1.9 DTI (120) Life Diesel (7str) in black, NEW SHAPE 5dr 7 seater DIESEL, 60 K 120 BHP, beautiful condition £6,745



05 Renault Clio 2.0 Renaultsport 182 in silver, ONLY 48,000 miles FSH. Loaded 182 BHP £6,495



07 Citroen C2 1.6 VTR Sensodrive 3dr in black met ONLY 32,000 miles. Semi Auto, alloys, CD, pas, e/w £5,495



05 Renault Modus 1.5 DCI 80 Dynamique in red metallic, DIESEL covered ONLY 47,000 miles. Low tax+ins. Loaded, alloys, a/c £5,195



05 Volkswagen Polo 1.4 TDI Twist 2 in black met, DIESEL 2005 ONE OWNER, FSH, A/C, Alloys, e/w £4,995



04 VW Polo 1.2 Twist 3-dr in met. grey, CD, A/C, PAS, C/L, 53,000 miles £4,995



05 Citroen Xsara Picasso 1.6i Desire 5-dr in met. silver, A/C, PAS, CD, 38,000 miles £4,995

OVER 130 CARS, 4x4's & MPV's AVAILABLE TODAY

CREDIT CATERED FOR on finance

NOW, PAY LATER on finance

DEPOSIT AVAILABLE on finance

0%

THIS WEEK'S DEALS!!

listen out for us on **reddragon**



Powell Dyffryn Way ■ Barry ■ Vale of Glamorgan ■ CF62 5QR ■ VAT No. 615915045 ■ Company Reg No. 4993212

"With 25 Years Experience, we must be doing something RIGHT!"



AMAZING OFFER!

**ONLY
4
LEFT!**



**New Dodge Journey
2.0 CRD SXT, 7 Seater
Auto with Metallic Paint
MRRP £21,295**

NEW YEAR BARGAIN PRICE

£16,995!

SAVE £4,300

The NEW 2010 300C Range NOW AVAILABLE from just £23,995

JUST A SMALL SELECTION OF OUR QUALITY USED CARS

0909	CHRYSLER GRAND VOYAGER 2.87 CRD LIMITED AUTO N BRILLIANT BLACK, 9,500 MILES, LEATHER, SAT NAV, BLUETOOTH, DVD	£26,995	0656	JEEP GRAND CHEROKEE OVERLAND 5DR IN BRIGHT SILVER, 36,500 MILES ...	£15995
0858	CHRYSLER SEBRING 2.0 CRD LIMITED, 21,000 MILES, IN BLACK	£9995	0656	CHRYSLER GRAND VOYAGER 2.87 CRD LIMITED AUTO IN BLACK, 20,500 MILES	£14495
0808	DODGE AVENGER 2.0 CRD SXT IN SILVER, 36,000 MILES	£9495	0656	CHRYSLER GRAND VOYAGER 2.8 CRD LIMITED XS AUTO IN BRIGHT SILVER	£15995
0808	DODGE CALIBER 2.0 CRD SXT IN BLACK, 23,000 MILES	£10495	0656	CHRYSLER PT CRUISER TOURING CONVERTIBLE 2.4 IN SILVER GREY METALLIC, 21,000 MILES	£8995
0808	DODGE NITRO 2.8 CRD SXT AUTO IN SILVER	£12495	0606	JEEP GRAND CHEROKEE LIMITED 3.0 CRD AUTO IN BLACK, 43,500 MILES ...	£14995
0858	JEEP PATRIOT 2.0 CRD LTD 5DR IN BRIGHT SILVER, 6,000 MILES	£13995	0606	CHRYSLER GRAND VOYAGER LTD XS 2.8 DIESEL AUTOMATIC IN SILVER, 38,000 MILES	£14995
0757	JEEP PATRIOT SPORT, IN SILVER, 10,000 MILES	£12495	0606	JEEP GRAND CHEROKEE 3.0 CRD AUTO IN BLACK, 52,000 MILES	£12995
0757	JEEP COMMANDER IN SILVER 27,000 MILES	£16495	0606	JEEP GRAND CHEROKEE 3.0 CRD AUTO IN SILVER, 41,000 MILES	£14495
0757	CHRYSLER 300 3.0 CRD AUTO IN BLACK, 35,000 MILES	£15995	0606	JEEP COMMANDER 3.0 CRD AUTO IN SILVER, DVD, 36,000 MILES	£15995
0757	CHRYSLER 300C 3.0 CRD LUX AUTO IN SILVER, 26,000 MILES	£16495	0505	CHRYSLER CROSSFIRE 3.2 V6 AUTO ROADSTER CONVERTIBLE, INFERNO RED, 40,000 MILES	£12995
0707	CHRYSLER GRAND VOYAGER 2.8 CRD EXECUTIVE IN BLACK, 47,000 MILES ..	£14495	0555	CHRYSLER PT CRUISER CLASSIC 2.2 CRD IN INFERNO RED, 21,000 MILES	£6995
0707	JEEP GRAND CHEROKEE OVERLAND 5.7 V8 HEMI IN BLUE METALLIC, 43,000 MILES	£13995			
0707	CHRYSLER GRAND VOYAGER 2.8CRD EXECUTIVE XS IN SILVER, 56,000 MILES ..	£16995			
0707	JEEP GRAND CHEROKEE 3.0CRD LTD AUTO IN BLACK, 40,000 MILES	£16995			

Many more vehicles available - please call Lee on **029 2030 4020** for details

James & Jenkins are authorised and regulated by
the Financial Services Authority

DUE TO AN INCREASE IN DEMAND WE URGENTLY NEED YOUR PART EXCHANGE! BEST PRICES GIVEN!



James & Jenkins

(029) 2030 4020

Find all our latest offers at www.jamesandjenkins.co.uk

Station Road, Llandaff North, Cardiff CF14 2FB

Open until 6.30pm Monday to Friday

OPENING HOURS: Mon-Fri 9.00am-6.30pm. Sat 9.00am-5.00pm. Sun 10.00am-5.00pm.



PREMIER PARTNERS



Police give a helping hand to Welsh Commonwealth team

Photos by MANDY THOMAS
(Available for purchase,
telephone 07974 518347)
These and other pictures of
the event can be viewed on
www.mandythomasphotography.co.uk

South Wales Police HQ in Bridgend has stepped in to help a Welsh sports team prepare for the Commonwealth Games.

Until now, Wales' Commonwealth Games and European Championships small bore rifle and air weapons team has had to travel to Europe to train.

However, for the final nine months before the Games, which will be held in Delhi in October, the team will be able to use the South Wales Police firearms range at Waterton Cross, Bridgend.

Final selection for the games is looming, and some hopefuls, including Commonwealth shooting champion and Gold medalist David Phelps, came to Waterton Cross last week to test the facilities.

The decision follows negotiations between South Wales Police, the Welsh Assembly Government, the Sports



Council for Wales and the Welsh Target Shooting Federation.

They were met at the firing range by the new South Wales Police Chief Constable Peter Vaughan, and the equally new First Minister of Wales Carwyn Jones.

Chief Constable Peter Vaughan said: "We are happy to be supporting our Commonwealth Games sporting stars and our Olympic hopefuls."

"They will now be able to use our range during periods when

LEFT:
Gold medalist David Phelps.



officers are not training, roughly every other weekend, giving them more time to prepare."

Carwyn Jones said: "Allowing Welsh athletes preparing for the Commonwealth Games to access the South Wales Police shooting range here in Bridgend will make a real difference to their training."

"After being forced to travel all the way to Europe in the past, having somewhere much closer to home will cut down their time spent travelling and give them more time to focus on training for the 2010 Commonwealth Games in Delhi."

"Hopefully, this will help nurture our talent and produce more

medallists!"

The Welsh Target Shooting Federation, Commonwealth Games team manager, John Dallimore, said: "The shooters are over the moon at being able to train in Wales."

"We normally have to travel to Gibraltar or Germany to train as there is nowhere suitable in the UK."

"Training here will save us time spent travelling and give our shooters more time to prepare, firstly for the Commonwealth Shooting Championship in New Delhi in February, which is a test event for the Commonwealth Games."

The European

Championships take place in March in Norway.

The teams began to use the South Wales Police range in December.

ABOVE:
Welsh target shooters are welcomed to Waterton Cross.

Don't let a scratch on your car put a dent in your pocket!

Stone chips, scratches and bumper scuffs can now be repaired same day at your convenience and at a fraction of 'Body Shop' costs.

✓ Bumper Scuffs ✓ Paint Scratches
✓ Stone Chips ✓ Alloy Wheels

2 YEAR GUARANTEE

For your no obligation quote,

call your local operator

FULLY MOBILE

Paul Jarvis

07904 840202

01446 771727

OFT

www.chipsaway.co.uk/pauljarvis



WICK
[vanhire.co.uk](http://www.vanhire.co.uk)

- CDW (Collision Damage Waiver) from £10 per day
- House Removal Lutons with Tail Lifts
- Large Fleet of Cars (Toyota, VW, Zafiras, Saab Estates)
- People Carriers (VW Tourans, VW Caraveles, Transit Tourneau, 7-9 Seats)
- 4-metre Merc Sprinters & Jumbos
- Small Vans (Connects, Combos, Partners)
- 9-seat Mini Buses
- Full RAC Cover
- Tipper
- Towbars fitted to most vehicles (inc cars) - Extra Charge
- Roof Racks Available
- Full European Use (special conditions apply)
- Book Online



hire@wickvanhire.co.uk



OPEN 7 DAYS
5 HOUR HIRE FROM £25.00
(100 miles max)
All hirers must possess valid credit/debit card
01656 660160

Network Q Multi-Point Check

Network Q Ownership Promise

Comprehensive warranty

12 months cover on brakes, battery & clutch

Nationwide vehicle search

30 day exchange

FRF Bridgend's

BIG JANUARY SALE!

07 TIGRA 1.4 EXCLUSIV WAS £10499 **SALE PRICE £9799**

09 INSIGNIA 1.8 EXCLUSIV WAS £13499 **SALE PRICE £12499**

58 ZAFIRA 1.9 CDTI 120 DESIGN WAS £12999 **SALE PRICE £11999**

08 CORSA VXR 1.6 TURBO WAS £14999 **SALE PRICE £13999**

05 VECTRA 1.8 LIFE 5DR WAS £5999 **SALE PRICE £4999**

58 CORSA 1.3 CDTI SXI 3DR WAS £11499 **SALE PRICE £10999**

THE BIG FRF JANUARY SALE IS ON! MISS IT, MISS OUT!

Why choose FRF Vauxhall?

- Full Network Q 12 mth warranty
- Best part-exchange price paid
- Full service FREE of charge
- No MOT needed for min of 12 mths
- Drive away within 24 hrs
- Very LOW rate finance
- 0% finance available on selected cars

Finance example: Cost price £7999. Deposit £3999. Balance £4,000. Total Interest £1698.20. 60 monthly repayments of £89.97. (Document and purchase fees apply). Total amount payable £9697.20. Subject to status and terms of agreement. Written quotations are available on request. All illustrated deals are non part exchange. *These finance offers are only available on FRF finance. †Amount of fuel given free this weekend is £20 total with each offer. Exchange vehicles must have an MOT certificate valid for a minimum of three months. Pictures for illustration purposes only.

16.4% APR TYPICAL

• LOW RATE FINANCE • PART EXCHANGE WELCOME • CASHBACK AVAILABLE • OUTSTANDING SELECTED FINANCE OFFERED • CARS BOUGHT FOR CASH!

Buying with Confidence From Your Main Vauxhall Dealer

Open 7 Days: Mon-Fri 9am-7pm, Saturday 9am-5pm, Sunday 10am-5pm (10am-11am viewing only.)

FRF Bridgend
www.frfmotorgroup.co.uk

Western Avenue, Bridgend Ind Est. Bridgend
Sale Hotline
08456 209779

NETWORK Q
Used cars you can rely on

BASSETTS BRIDGEND Blue Cross SALE

• ONE YEAR'S WARRANTY
• HISTORY AND MILEAGE GUARANTEES

• TECHNICIAN PREPARATION
• 30 DAY 'NO QUIBBLE' EXCHANGE SCHEME

• ONE YEAR'S ROADSIDE ASSISTANCE
• THESE BENEFITS WORTH OVER £800!

07 CITROEN C2 1.1 Airplay+ 3dr hatch SE
Yellow, 12,133 miles **£5,995**



07 CITROEN C4 1.4i 16v LX 5dr Hatch
Blue, 18,000 miles **£5,995**



56 CITROEN C4 1.6 16v Cool 3dr Coupe SE
Silver, 29,002 miles **£6,495**



57 CITROEN C4 Grand Picasso 1.6 HDi 16v
Estate Mauve, 12,659 miles **£13,495**



07 CITROEN Berlingo Multispace 1.6i 16v
5dr Estate Silver, 9,797 miles **£6,095**



CITROEN C1

				WAS	NOW
57	1.0i Rhythym 3 dr hatch	Red	16,501 miles	£6,995	£6,495

CITROEN C2

58	1.4i HDi VTR 3 dr Diesel Hatch	Black	9,091 miles	£8,995	£8,495
08	1.4i VTR 3dr Hatch	Silver	15,846 miles	£7,995	£7,495
07	1.1i Airplay + 3 dr Hatch Special Edition	Yellow	12,133 miles	£6,495	£5,995
06	1.6i 16v VTR 3 dr Senso Drive Hatch	Blue	14,000 miles	£6,995	£6,495

CITROEN C3

59	Pluriel 1.4i Cote d'Azur 2 dr Special Edition	Black	50 miles	£10,995	£10,495
08	1.4 HDi Cachet 5 dr Hatch Special Edition	Grey	13,412 miles	£8,495	£7,995
08	1.4i Cachet 5 dr Hatch Special Edition	Silver	11,905 miles	£7,995	£7,495
56	1.4i SX 5 dr Hatch	Grey	19,342 miles	£6,495	£5,995
55	1.6i 16v Exclusive 5 dr Senso Drive Hatch	Blue	24,769 miles	£6,495	£5,995
05	1.1 Desire 5 dr Hatch Special Edition	Black	19,390 miles	£4,995	£4,495

CITROEN C4

07	1.4i 16v LX 5 dr Hatch	Blue	18,000 miles	£6,495	£5,995
56	1.6 16v Cool 3 dr Coupe Special Edition	Silver	29,002 miles	£6,995	£6,495
06	1.6i HDi 16v VTR Plus 3 dr Diesel Coupe	Silver	10,573 miles	£8,995	£8,495
56	1.6i HDi 16v SX 5 dr Diesel Hatch	Silver	19,901 miles	£7,995	£7,495

CITROEN C4 PICASSO

57	2.0i 16v SX 5 dr EGS Estate	Silver	7,723 miles	£10,995	£10,495
----	-----------------------------	--------	-------------	---------	----------------

CITROEN C4 GRAND PICASSO

08	1.6 HDi 16v VTR+ 5 dr Diesel Estate	Blue	8,749 miles	£14,995	£14,495
58	1.6 HDi 16v VTR+ 5 dr Diesel Estate	Grey	19,441 miles	£14,995	£14,495
57	1.6 HDi 16v VTR+ 5 dr Diesel Estate	Mauve	12,659 miles	£13,995	£13,495
07	2.0 HDi 16v VTR Plus 5 dr EGS Diesel Estate	Silver	21,659 miles	£13,995	£13,495

CITROEN BERLINGO MULTISPACE

07	1.6 HDi 16v Forte 5 dr Diesel Estate	Red	44,037 miles	£6,995	£6,495
07	1.6i 16v Forte 5 dr Estate	Silver	9,797 miles	£6,595	£6,095
04	2.0 HDi 90 Desire 5 dr Diesel Estate	Red	55,837 miles	£4,995	£4,495

CITROEN XSARA PICASSO

07	1.6i 16v Desire 5 dr Estate	Silver	44,648 miles	£6,995	£6,495
56	2.0 16v VTX 5 dr Auto Estate	Blue	30,215 miles	£8,595	£8,095
56	1.6 HDi Exclusive 5 dr Diesel Estate	Grey	58,879 miles	£6,995	£6,495
03	2.0 HDi SX 5 dr Diesel Estate	Blue	51,662 miles	£4,995	£4,495

CITROEN RELAY

58	2.2 HDi H1 Van 120ps 33 L1 Diesel	White	5,041 miles	£10,995+vat	£10,495+vat
----	-----------------------------------	-------	-------------	-------------	--------------------

BASSETTS BRIDGEND 01656 649009

SOUTH ROAD, BRIDGEND INDUSTRIAL ESTATE, BRIDGEND, MID GLAMORGAN, CF31 3UL
www.bassettsbridgend.citroen.co.uk

**CALL IN NOW FOR A
FREE TYRE CHECK!**
PHONE US FOR THE BEST PRICE AROUND

GOODYEAR SPECIALS 195/55HR15 Eagle NCT 5 **£60.95** 205/55HR16 Eagle NCT 5 **£69.95**

Exemplar:	Model:	Price:
184-955 154-955	Fiesta 1.25i 95-99	69.95
278-111 115-211	Rover 25 1.1/L4 99-	74.95
947-005 180-900	Peugeot 206 1.4 98-04	74.95

Exemples:		
PS 732	Gros 1.0/1.2 10-00	35.95
PS 1283	Gls 1.2/1.4/1.8 11-04	33.95
PS 1356	Excell 1.4/1.6 11-99	38.95

FROM ONLY
£34.95
4 YEAR WARRANTY
(Example: UK 063)

BRIDGE/STREET	Day 1	Day 2	Day 4	DAYTON	Day 1	Day 2	Day 4			
45/70013	Bridgetown	\$750	\$41.25	\$78	\$150	155/7001313 Ave	CR272	\$34.50	\$65	\$125
45/70013	Bridgetown	\$750	\$46.25	\$78	\$65	145/7001313 Ave	CR272	\$36.67	\$70	\$135
45/70014	Bridgetown	\$750	\$59.00	\$112	\$210	175/70014 Ave	CR222	\$68.67	\$90	\$170
45/70014	Bridgetown	\$750	\$48.00	\$89	\$170	175/70014 Ave	CR222	\$39.57	\$75	\$140

ADDRESS	Buy 1	Buy 2	Buy 3	AVANTAGE	Buy 1	Buy 2	Buy 3
15/3/2013 4 Bridgehouse HK200	<u>£53.24</u>	<u>£99</u>	<u>£190</u>		15/3/2013 4 Avenue ZK3	<u>£66.46</u>	<u>£90</u>
15/3/2013 4 Bridgehouse K250	<u>£65.49</u>	<u>£120</u>	<u>£230</u>		15/3/2013 4 Avenue ZK3	<u>£50.31</u>	<u>£5</u>
15/3/2013 5 Bridgehouse HK200	<u>£69.93</u>	<u>£132</u>	<u>£255</u>		15/3/2013 5 Avenue ZK3	<u>£53.86</u>	<u>£102</u>
15/3/2013 5 Bridgehouse K250	<u>£75.57</u>	<u>£143</u>	<u>£265</u>		15/3/2013 5 Avenue ZK3	<u>£50.43</u>	<u>£5</u>

Job/Service	Day 1	Day 2	Day 3		Day 1	Day 2	Day 3
P5-SOM113 Bridge/Storm ER180	\$51.84	\$98	\$189	P5-SOM115 Acura ZWC	\$66.87	\$85	\$160
P5-SOM113 Bridge/Storm ER180	\$72.23	\$135	\$260	P5-SOM115 Acura ZWC	\$59.73	\$115	\$220
P5-SOM113 Bridge/Storm ER180	\$80.33	\$100	\$210	P5-SOM115 Acura ZWC	\$52.94	\$99	\$190
P5-SOM114 Bridge/Storm ER180	\$87.24	\$125	\$240	205-1100116 Acura ZWC	\$62.86	\$120	\$230

ADDRESS	Step 1	Step 2	Step 4		Step 1	Step 2	Step 4	
155/20016 S. Bridgetowne DR300	\$89.7k	\$170	\$330		205/20016 N. Arroyo ZVS	\$73.8k	\$140	\$270
155/20016 S. Bridgetowne DR300	\$72.4k	\$135	\$260		205/20016 N. Arroyo ZVS	\$65.4k	\$120	\$230
155/20017 S. Bridgetowne DR318	\$92.5k	\$175	\$340		205/20017 N. Arroyo ZVS	\$86.9k	\$165	\$320
155/20018 S. Br. Avenue DR550	\$116.5k	\$230	\$420		205/20018 S. Arroyo ZVS	\$101.9k	\$195	\$370

OIL & FILTER CHANGE
from only **£28.95**

Cardiff Road, Cadroxton
Burry CF63 2QWL
Telephone:



ETB

MOT TESTING 
only **£19.95**

OIL & FILTER CHANGE
from only **£28.95**

THE PRICE WE QUOTE IS PRICE YOU PAY - ALL OUR PRICES INCLUDE VALVE, BALANCE, FITTING, VAT & CASING DISPOSAL



We've reduced the prices of all Fabia, Octavia and Roomster models until **31st January 2010**, which means it's like not having to pay the VAT.



0800 912 0722
whitedovegroup.co.uk

Offer available on all Fabia, Roomster and Octavia models ordered by 31st January 2010 at participating retailers only. Reduction applied to the RRP including factory fitted optional extras and is the equivalent of the VAT applicable at the time. VAT is applicable and will be shown on the customer's invoice. Excludes Channel Islands. Offer subject to availability and may be amended or withdrawn at any time. Offer is not available in conjunction with the Government's scrappage scheme. Please see retailer for full terms and conditions. Prices are accurate at time of print. **Official fuel consumption** in mpg for the Škoda range: Urban 19.2 (14.7) – 55.5 (5.5), Extra Urban 38.2 (7.4) – 83.1 (3.4), Combined 28.0 (10.1) – 68.9 (4.1). CO₂ emissions (g/km) Škoda Range: 109 – 235.

New Broad Street Motors Ltd

Broad Street, Barry Est.1979

PRESTIGE

- 08 08 JAGUAR X-Type 2.2 Diesel Sport premium plus. In metallic nightshade with full cream leather interior, heated electric memory seats, colour touch screen sat nav, bluetooth, 18" Jaguar split rim alloy wheels, front and rear parking distance control, fsh £16,995
- 07 07 JAGUAR X K convertible. Zircon blue metallic with ivory sports leather interior, upgraded 20 inch setanta wheels, full colour satellite navigation, electric heated memory seats, cruise control, climate control, rear parking sensors, bluetooth phone prep, only 12,621 miles, fsh £42,995
- 07 56 JAGUAR X-Type 2.0D SE Estate. In shadow grey with full leather interior, colour touch screen sat nav, heated seats, cruise control, climate control, only 18,495 miles, fsh £14,995
- 06 56 BMW 2.0TD 320D SE 4-dr Saloon. In Arctic grey with anthracite interior, automatic air con, upgraded alloy wheels, rear parking sensors, only 41,655 miles, fsh £14,995
- 06 56 BMW 116i SE 5-dr in sparkling graphite met with full Boston beige leather interior, comfort pack, cd, climate control, alloy wheels, reversing sensors, auxiliary i-pod connection, only 19,950 miles interior titanium trim, auto lights and auto wipers..... £11,995
- 05 05 MERCEDES Benz 1.8 SLK 200 Compressor Auto 2-dr Convertible in Tellur silver, black leather interior, climate control, multi function steering wheel, CD, alloys, only 61,000 miles, fsh £16,995
- 05 05 MERCEDES Benz M-Class 2.7 TD ML270 CDI Automatic 5-Door Station Wagon. In Brilliant silver with Orion grey leather interior, climate control, Bluetooth phone prep, privacy glass, heated seats, rear parking sensors, only 52,975 miles £15,995
- 05 55 VOLVO S40 2.0 Diesel SE in Amethyst with Ivory Leather interior, cd, alloys, cruise control, electric sunroof, electric seats, only 34,255 miles £9,995
- 04 54 MERCEDES Benz CL500 5 litre 2-dr Auto coupe. In tanzanite blue with java leather interior with BOSE sound system, AMG body styling, electric sunroof, only 48,245 miles £19,995
- 01 51 JAGUAR S-Type 3.0 V6 4-Door Saloon Automatic. In Pacific blue with cashmere beige full leather interior, climate control, CD, electric seats, rear parking sensors, only 55,810 miles £5,995

SPORTS

- 07 07 VW Beetle 1.6 Luna 2-dr Cabriolet. In harvest moon beige with dark interior, heated seats, CD, front fogs, colour coded bumpers, only 11,335 miles £12,995
- 07 07 PEUGEOT 207 1.6 HDI Sport 3-dr Hatchback. In Onyx black with Madrid black/grey interior, air con, CD, alloy wheels, front fogs, colour coded bumpers, only 29,405 miles £8,495
- 06 06 VOLKSWAGEN Golf GTI TDI 2.0 (140) 5-dr in steel grey with dark interior, cd, dual climate control, cruise control, alloy wheels, electric mirrors, only 58,300 miles £9,995
- 06 06 FORD Focus 1.8TDCI Sport 5-dr Hatchback. In panther black with dark flint interior, CD, air con, alloy wheels, colour coded bumpers, only 55,315 miles £7,495
- 06 55 AUDI A3 2.0T FSI 5-dr Sport Back in Avus silver with matrix cloth interior, BOSE speaker system, 17 inch alloy wheels, front fog, climate control, cd, only 38,280 miles £11,995
- 05 05 MINI 1.6 Cooper S (Chilli Pack). Black, black leather interior, a/c, alloys, cd, rear parking sensors, only 49,390 miles £11,995
- 05 55 BMW X3 2.0D Sport 5-dr Station Wagon. In blue water silver with black leather interior, sat nav, multi CD, heated seats, front and rear parking sensors, only 61,930 miles £14,995
- 05 54 MG ZT 1.8T 160 5dr Estate. In Royal blue, Monaco ash half leather interior, alloy wheels, climate control, multi-function steering wheel, only 32,320 miles £5,995
- 04 54 TOYOTA Celica 1.8 VVTI Premium Coupe. In crystal silver with Montreal black leather interior, climate control, alloy wheels, immobiliser, deadlocks, alarm, CD, only 27,953 miles £7,995
- 04 54 PEUGEOT 206 1.6 HDI 110bhp 3-dr Hatchback. In Sahara yellow with half anthracite leather/suede interior, digital air con, multi CD, alloy wheels, colour coded bumpers, only 22,755 miles £6,995
- 04 04 RENAULT Clio 182 Sport 3-dr hatchback. In met blue with half leather/suede interior, sports seats, traction control, cruise control, climate control, alloys, 6 cd auto changer, only 51,314 miles £6,995
- 02 02 HONDA Accord 2.3i VTEC Type V (150) in Atlantic blue with tan leather interior, electric drivers seat, sunroof, alloy wheels, climate control, rear parking sensors, only 48,000 miles £4,495
- 01 Y AUDI TT Roadster 1.8T Quattro (225) in met silver with full granite leather, 18" alloy wheels, heated seats, trip computer, climate control + climate control, cd multi-changer with BOSE stereo upgrade, only 63,010 miles £8,495
- 00 X TVR Tuscan 4 litre V8 360bhp. In crystal topaz pearl blue with portland grey leather interior, cd, 18" spyder alloy wheels, e/windows, cat 1 alarm, e/mirrors, a/c, substantial workshop portfolio, supreme example £12,995
- 00 X BMW 325ci 2.5i 2-Door Convertible. In Brilliant silver with Montana grey leather interior, automatic air con, rear parking sensors, electric seats, alarm, alloy wheels, hard top in body coloured bumpers, only 87,720 miles £8,995
- 99 T BMW Z3 1.9 2-dr Convertible. In Green with green leather, CD, alloy wheels, climate control, alloy wheels, electric hood, only 51,300 miles £5,995

FAMILY

- 07 57 FORD Focus 1.8 TDCI Style 5-dr Hatchback. In tonic blue with heated front screen, climate control, CD, cruise control, only 16,700 miles £9,295
- 06 56 TOYOTA Corolla T2 Colour Collection, 1.4 5-dr hatchback. In eclipse black with silver fleck interior, a/c, alloys, colour coded side skirts, audio controls on steering wheel, one owner, only 32,415 miles £7,995
- 06 06 FORD Focus v-Max 2.0 TDCI Zetec 5-dr MPV in tonic blue with dark flint interior, cd, air con, alloy wheels, colour coded bumpers, only 31,000 miles £8,995
- 06 06 PEUGEOT 307 1.6 16V SE 5-dr Hatchback. In hurricane grey with Ikho black interior, front fog lights, multi CD, air con, rear parking sensors, only 40,018 miles £6,995
- 05 55 CITROEN Xsara Picasso 1.6i 16v 110hp Exclusive 5-dr MPV. Oriental blue, blue interior, cruise, auto a/c, front fogs, steering wheel mounted audio controls, only 32,355 miles £6,495
- 05 54 CITROEN Xsara Picasso Exclusive 1.6HDI. In icelandic green metallic with doris blue interior, cruise control, climate control, alloy wheels, trip computer, cd, 1 owner, only 29,420 miles £7,495
- 04 54 PEUGEOT 206 SW 2.0 HDI 90 XSI 5-dr Estate. China blue, black/grey merlin interior, a/c, body coloured bumpers, cd, alloys, only 45,795 miles £5,995
- 04 54 RENAULT Scenic 1.4 16v Authentique in met grey with anthracite interior, a/c, auto wipers, auto lights, only 42,800 miles £4,695
- 04 04 MAZDA 3 1.6TS 5-dr Hatchback in titanium grey with blue sport cloth interior, air con, cd, alloy wheels, colour coded bumpers, steering wheel mounted audio controls, only 54,805 miles £5,295
- 04 04 TOYOTA Avenza 1.0 VVTI Spirit Auto 4-dr Saloon. Silver fern, sl moritz charcoal leather, map gas nav system, climate, cruise, electric seat adjustment, only 55,065 miles £6,995
- 04 04 RENAULT Megane 1.9 DCI 120 Dynamique 5-dr Hatchback. In metallic silver, with anthracite interior, alloy wheels, CD, colour coded bumpers, air con, only 42,955 miles £5,995
- 02 52 NISSAN Primera 2.0i SVE 5-dr Hatchback. Grey interior, leather cloth, cd, a/c, reversing sensors, colour coded bumpers, only 44,300 miles £3,995
- 02 52 AUDI A4 1.9 TDI SE. In denim blue with phoenix blue upholstery, climate control, cd, alloys, only 26,075 miles £7,995
- 01 Y BMW 3 Series 1.9i 16 5-dr Saloon. In bright red with dark interior, electric windows, colour coded bumpers, driver and passenger airbags, only 49,125 miles £4,295

SMALL

- 08 58 TOYOTA Yaris 1.0 VVTI T2 5-dr Hatchback. In crystal silver, electric windows and mirrors, CD, multi-function steering wheel, only 3,725 miles £7,995
- 08 08 VAUXHALL Corsa 1.2 Breeze in black sapphire, alloy wheels, air con, cd, colour coded bumpers, multi-functional steering wheel, only 5,242 miles £7,495
- 07 07 RENAULT Clio 1.5 DCI 68 Extreme hatchback. In black with anthracite interior, alloy wheels, cd, electric windows, remote central locking, alarm, immobiliser, only 235 per year road tax, 27,850 miles £7,295
- 07 07 RENAULT Clio 1.4 16v 98 Expression 3-dr in platinum silver met with volle interior, cd, air con, alloy wheels, remote central locking, elec windows, alarm and immobiliser, only 4,747 miles £6,995
- 06 56 RENAULT Clio 1.5 DCI 106 Dynamique S 6 speed 3-dr Hatchback. In eclipse black, dark interior, a/c, CD, alloys, colour coded bumpers, one owner, only 44,375 miles £7,495
- 06 56 FORD Fiesta 1.4 Zetec Climate 5-dr Hatchback. In Tonic blue with Kompass blue interior, air con, alloy wheels, body coloured bumpers, only 39,475 miles £6,495
- 06 06 RENAULT Clio 1.2 Campus Sport in pearl black pearlescent with extreme interior, colour coded bumpers, remote central locking, alloy wheels, alarm and immobiliser, electric windows, only 22,488 miles £5,295
- 06 56 TOYOTA Avenza 1.0 VVTI Spirit Auto 4-dr Saloon. Silver fern, sl moritz charcoal leather, map gas nav system, climate, cruise, electric seat adjustment, only 55,065 miles £6,995
- 05 55 FORD KA Luxury 1.3 3-dr Hatchback. In Tonic blue with ebony leather interior, air con, quick clear screen, CD, alloy wheels, colour coded bumpers, only 16,980 miles £5,495
- 04 06 PEUGEOT 206 1.0 COUPE CONVERTIBLE 2-dr in platinum silver with full black astrakan leather interior, air con, cdm alloy wheels, alarm, only 43,895 miles £6,495
- 04 04 RENAULT Clio 1.2 16v Dynamique 5-dr Hatchback. In Platinum silver with dark grey interior, sunroof, alloy wheels, CD, front fogs, only 37,700 miles £4,795
- 04 04 FORD Ka 1.3 Style 3-dr Hatchback. In moon dust silver with digit anthracite interior, CD, power steering, colour coded bumpers, only 48,656 miles £3,495
- 03 53 VW Beetle 3-dr Hatchback. In platinum grey with Cavasta grey interior, heated seats, CD, electric windows, only 30,850 miles £6,495
- 03 03 Nissan Micra 1.0 E hatchback. In aruba blue with urban interior, body coloured bumpers, cd, electric windows, alarm, only 36,000 miles £3,795
- 02 02 PEUGEOT 206 1.6 Coupe Cabriolet S 2-dr in platinum silver with full black astrakan leather interior, air con, cd, alloy wheels, colour coded bumpers, auto lights, only 64,220 miles £5,495
- 02 52 RENAULT Megane 1.6 16v Dynamique 3-dr Hatchback in met silver with dark interior, air con, alloy wheels, colour coded bumpers, auto lights, only 48,060 miles £3,995
- 02 02 DAEWOO Matiz 0.8 SE 5-dr. In super red with grey interior, CD, immobiliser, body coloured bumpers, driver and passenger airbags, only 30,288 miles £2,495
- 01 51 PEUGEOT 206 2.0 Coupe Convertible SE 2-dr in platinum silver with full black astrakan leather interior, digital climate control, cd, 16 inch alloy wheels, front fogs, only 46,010 miles £3,995
- L 93 AUSTIN Mini 1.3 Sprite 2-dr Saloon Automatic. In night fire red with grey interior, alloy wheels, cd, multi-changer with BOSE stereo upgrade, only 47,215 miles £2,995



06 56 BMW 2.0TD 320D SE 4-dr Saloon. In Arctic grey with anthracite interior, automatic air con, upgraded alloy wheels, rear parking sensors, only 41,655 miles, fsh £14,995



06 56 BMW 116i SE 5-dr in sparkling graphite met with full Boston beige leather interior, comfort pack, cd, climate control, alloy wheels, reversing sensors, auxiliary i-pod connection, only 19,950 miles interior titanium trim, auto lights + auto wipers £11,995



06 56 TOYOTA Corolla T2 Colour Collection, 1.4 5-dr hatchback. In eclipse black with silver fleck interior, a/c, alloys, colour coded side skirts, audio controls on steering wheel, one owner, only 32,415 miles £7,995



02 02 DAEWOO Matiz 0.8 SE 5-dr. In super red with grey interior, CD, immobiliser, body coloured bumpers, driver and passenger airbags, only 30,288 miles £2,495



L 93 AUSTIN Mini 1.3 Sprite 2-dr Saloon Automatic. In night fire red with grey interior, all original specification, only 47,215 miles £2,995



01 Y AUDI TT Roadster 1.8T Quattro (225) in met silver with full granite leather, 18" alloy wheels, heated seats, trip computer, cruise control + climate control, cd multi-changer with BOSE stereo upgrade, only 63,010 miles £8,495



04 54 TOYOTA Celica 1.8 VVTI Premium Coupe. In crystal silver with Montreal black leather interior, climate control, alloy wheels, immobiliser, deadlocks, alarm, CD, only 27,953 miles £7,995



03 53 VW Beetle 3-dr Hatchback. In platinum grey with Cavasta grey interior, heated seats, CD, electric windows, only 30,850 miles £6,495

Gwasanaeth Cymraeg Ar Gael

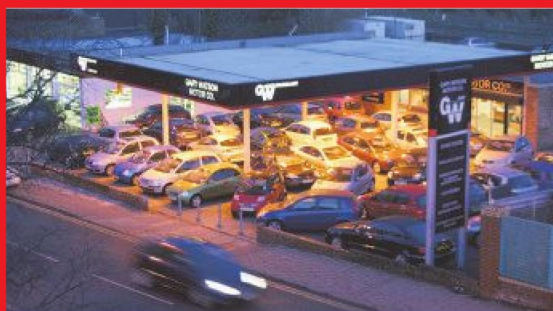
View our stock online

01446 720044

Finance available subject to status, UK residence, over 18 years of age.
Written quotations available on request.
Guarantees may be required.

ALL MAJOR CREDIT CARDS ACCEPTED
visit our website

www.nbsm.co.uk



Gary Watson Motor Co Ltd



04 LAND ROVER Freelander 1.8S 3-dr Hardback. In light met blue, only 18,000 miles, superb throughout **£6,995**



53 JAGUAR XJ8 3.6 Automatic. In silver with cream leather trim, 53,000 miles, luxury motoring at **£11,995**



57 PEUGEOT 206 1.4 Look 3-dr In diablo red, 24,000 miles, under manufacturer warranty **£6,295**



V MERCEDES ML 320 Auto in silver with grey leather trim, 78,000 miles, 22 inch alloys **£5,495**



57 BMW 320 Diesel M Sport Auto In black with cream leather trim, 30,000 miles, 1 lady owner **£19,995**

SPORT, PRESTIGE & 4X4

56	BMW 320 Diesel SE Coupe Automatic.	In dolphin grey with black leather trim, 26,000 miles	£19,995
54	RANGE ROVER Vogue 4.4 V8.	Oslo blue, cream leather, 56,000 mls, sat nav, tv, xenons etc	REDUCED BY £1000 TO £17,995
04	BMW Z4 2.5i SE.	In met. blue, black leather trim, 44,000 miles	£11,995
53	JAGUAR XJ8 3.6 Automatic.	In silver with cream leather trim, 53,000 miles, luxury motoring at	£11,995
57	HONDA Civic 2.2 Diesel SE.	In black, 40,000 miles, under manufacturers warranty, outstanding value at	£10,995
03	MERCEDES E270 Diesel Avantgarde Auto.	Steel blue, 59,000 miles, with sat nav	£9,995
56	RENAULT Megane 1.6 Dynamique Convertible.	In met satin gold, low mileage example at	REDUCED BY £500 TO £9,495
56	JAGUAR X-Type 2.0 Diesel Sport.	In black with beige half leather trim, superb value at	£8,995
06	MINI Cooper.	In met blue + white, 37,000 miles, 1 owner with chilli pack and climate	REDUCED BY £300 TO £8,995
55	PEUGEOT 307 2.0 CC.	In black, 19,000 miles, 4 seater, steel roof convertible at	REDUCED BY £500 TO £8,495
55	LAND ROVER Freelander 2.0 TD4 SE 5-Dr.	In met. green with beige leather trim, 62,000 miles	£7,995
52	BMW 325i Sport Automatic.	Met blue with beige leather, 75,000 miles, 18" alloys	REDUCED BY £500 TO £7,995
W	JAGUAR XK8 4.0 Automatic.	In silver with cream leather, full specification including sat-nav	£7,995
53	RENAULT Megane 1.6 CC Dynamique Convertible.	Silver, 18,000 miles, 4-seater, 62,000 miles	£6,995
54	JAGUAR X-Type 2.0 Diesel Sport.	In met steel blue with half leather trim, 74,000 miles	REDUCED BY £1000 TO £5,995
03	TOYOTA Celica 1.8 VVTi T Sport.	In smoke silver, 74,000 miles, 1 owner, fsh	REDUCED BY £1000 TO £5,995
53	MAZDA RX8 (230)	In silver with black leather trim, fantastic value at	REDUCED BY £500 TO £5,495
53	RENAULT Clio 2.0 Sport 172.	In met. black, high specification sports hatch at	£4,995
52	JAGUAR X-Type 2.0 SE Auto	In zircon blue with full leather trim, Sct cd, climate, etc	£4,995
52	HYUNDAI Coupe 2.0 SE Automatic.	In silver with black leather trim, 60,000 miles, fantastic value at	£4,995
52	PEUGEOT 306 CC 2.0 SE.	In silver with black leather trim, 57,000 miles, 4-seater convertible	£4,995
02	MAZDA MX5 1.8	In met silver, 53,000 miles, superb example	REDUCED BY £1000 TO £4,995
02	TOYOTA Corolla T-Sport 3-Dr.	In champagne metallic, 63,000 miles, 1 local owner, FSH	£4,295
51	AUDI A6 Avant 3.0 Quattro SE Auto.	In steel blue with full leather, alloys, 4X4 etc.	£3,995
Y	PEUGEOT 206CC 2.0.	In silver, with black leather trim, low mileage local convertible	REDUCED BY £1000 TO £3,995

SMALL, ECONOMICAL AND FAMILY CARS

08	SMART Pulse Automatic 999cc.	In black with black leather trim, 11,000 miles, under Mercedes warranty	£6,995
56	SUZUKI Swift 1.5 GLX 5-dr.	In red, 32,000 miles with alloys, a/c, keyless go, very trendy example at	£6,995
55	VW Golf 1.4 FSi 5-dr.	In electric blue, superb looking car with 18" alloys and low insurance	£6,995
05	VW Golf Plus 1.9 TDi Sport	In silver, 80,000 miles, 1 owner, great looking diesel at	REDUCED BY £500 TO £6,995
56	PEUGEOT 307 1.6 XSi 5-dr	In silver, low mileage family hatch at	£6,495
06	VAUXHALL Astra 1.8i Club 5-dr Automatic	In silver, 28,000 miles	£6,495
55	PEUGEOT 407 2.0 HDi SE.	In met-grey, 51,000 miles, comfortable stylish diesel at	£6,495
07	SMART Passion Automatic 699cc.	In silver over met-blue, 20,000 miles, low road tax + insurance	£5,995
56	FIESTA 125 Style Climate 3-dr.	In white, 33,000 miles with navy blue ST side stripes, looks great	£5,995
06	FORD Mondeo 2.0 TDCI Ghia Estate.	Black, fantastic value	REDUCED BY £1000 TO £5,995
03	MINI 1.6 Automatic.	In black with full red leather trim, fantastic looking example	REDUCED BY £500 TO £5,995
05	FIESTA 1.4 TDCI Ghia 5-dr.	Black with black leather trim, 49,000 miles, diesel economy, £35 road tax	£5,695
54	RENAULT Megane VVTi Privilege Automatic 5-dr.	In met jade with half leather tri, low mileage	£5,495
55	SUZUKI Swift 1.3 GL 3-dr.	In met blue with white stripes, 47,000 miles, sporty economical hatch at	£4,995
55	VAUXHALL Corsa 1.2 SXi 3-dr.	In met black, 25,000 miles, very desirable	£4,995
05	PEUGEOT 206 1.6 Quiksilver 3-dr.	31,000 miles, sought-after limited edition model	REDUCED BY £500 TO £4,995
04	FIESTA 1.4 Flame 3-dr.	In black, low mileage local car at	£4,995
05	VAUXHALL Corsa 1.2 Twin Port SXi.	In met silver, 48,000 miles, 1 local owner	REDUCED BY £300 TO £4,695
05	PEUGEOT 206 1.4S 5-dr.	Black, 50,000 miles, a/c, cd, etc	REDUCED BY £500 TO £4,495
53	FORD Fiesta 1.4 Flame 5-Dr.	In silver frost, 49,000 miles with a/c	£4,295
03	RENAULT Clio 1.2 Expression Automatic	In black, 1 owner, 31,000 miles	REDUCED BY £200 TO £4,295
06	FORD Ka Collection.	In met. black, 58,000 miles, low insurance & road tax	£3,995
54	RENAULT Clio 1.2 Dynamique 3-Dr.	In met. Sherwood green, with s/r, a/c, cd etc.	£3,995
54	SMART4Two. 700cc True Style Auto	In met black, panoramic roof, alloys, cd	£3,995
54	CITROEN C2 1.1LX 3-dr.	In met red with cd etc, local car on offer at	£3,995
54	VAUXHALL Corsa 1.3 Diesel SXi Automatic.	In silver, 73,000 miles	£3,995
04	RENAULT Clio 1.1 Extreme 3-dr.	In met black, 39,000 miles with s/roof, e/w, c/l, cd	£3,995
03	FORD Fiesta Finesse 1.4 5-dr Automatic	In metallic red, 35,000 miles, fsh	£3,695
03	MAZDA 323F 1.6 GS	In electric blue, 76,000 miles, reliable hatch at	£3,495
53	DAEWOO Tacuma 1.6 Extra	In met blue, 45,000 miles, spacious family hatch at	£2,995
03	DAEWOO Kalos 1.4SE 5-dr.	In met-blue, 56,000 miles, ideal family hatch	REDUCED BY £300 TO £2,695
X	FORD Fiesta 1.2 Zetec 3-Dr.	In Duce Green, 74,000 miles, nice example at	£1,795

01446 722600

Broad Street, Barry (Next to Barry train Station)

RAC
WARRANTIES

FINANCE PACKAGES TO SUIT ALL • 0% DEPOSIT FINANCE AVAILABLE
ALL CARS HPI CLEAR • PART EXCHANGE WELCOME • OPEN 7 DAYS
CARS BOUGHT FOR CASH • ALL MAJOR CREDIT CARDS TAKEN

www.garywatsonmotorcompany.co.uk

COMPACT CARS

"COMPACT CARS, COMPACT PRICES"

OPEN 7 DAYS

**DRIVE AWAY FOR
£99 DEPOSIT**

**FINANCE AVAILABLE
(Subject to status)**

**MANY MORE CARS
IN STOCK**



02 VAUXHALL Zafira 1.8 Club Automatic. 70k, FSH, air con, CD system, plush interior, rare 7 seater at



05 FORD Ka 1.3. Only 1 owner from new, 38k, power steering, ideal first car



02 HONDA CIVIC 1.6 SE 1 owner, 60k, fsh, a/c, con, e/pack, superb throughout.



98 JAGUAR XK8 4.0 Auto Coupe. 90k, fsh, alloys, a/c, cruise, e/leather, lady owner, awesome car



54 MG ZS 1.8 High Output LE. 1 owner, 60k, s/history, half leather, factory body styling kit including vents. Absolutely stunning, viewing essential.



52 PEUGEOT 307 2.0 SE HDI 7-seater Panoramic roof, alloys, multi disc, a/con, 50mpg, rare car

- 57 CITROEN Berlingo 1.4i Commercial. fsh, pas, lpg converted, low insurance £3995
- 05 RENAULT Clio 1.6 Dynamique S (new shape). Met black, low miles, super bargain for only £4995
- 05 CITROEN Picasso 2.0 HDi Desire. 90k, a/c, cd system, plush trim, fuel computer, multi function wheel, superb MPG at £3995
- 05 FORD Ka 1.3. 1 owner, 35k, p/steering, low tax and ins, ideal first car, cheap at only £3695
- 05 VAUXHALL Astra 1.8 Design Auto. 45k, half leather, air con, cd system, alloys, desirable auto ... £5495
- 54 RENAULT Megane 1.6 Dynamique. 47k, s/history, 1 owner, a/c, alloys, full e/pack, sports interior ... £4495
- 54 ROVER 25 SEi T Diesel. 48k, a/con, alloys, cd, superb MPG, top spec £3995
- 04 RENAULT Megane 1.6 VVTi Dynamique CC, 40k, fsh, glass retractable roof, full leather, a/c, alloys £6,695
- 53 HONDA Jazz 1.4 SE Sport Auto. 40k, FSH, lady owner, air con, CD player, low tax & ins £4995
- 53 VOLKSWAGEN Polo 1.2E. 1 owner, 40k, fssh, cd system, e/windows, p/steering. low tax & ins ... £3995
- 03 JAGUAR X-Type 2.0 SE V6 80k, fsh, alloys, cd system, full leather, chrome pack £4995
- 03 CITROEN C3 1.4 Desire. 40k, 2 owners, fsh, a/c, cd system, jazzy trim, low tax & ins, 40+mpg ... £3995
- 03 PEUGEOT 206 1.1 Verve. 69k, lady owner, air con, e/windows, CD player, p/steering, only group 3 insurance £3995
- 03 RENAULT Clio 1.2 Billabong LE. 54k, lady owner, s/roof, jazzy interior, cd system, low tax + ins ... £3495
- 03 CITROEN Saxo 1.6 VTR. 70k, alloys, sunroof, CD system, sports interior, sporty looks with low insurance £2995
- 03 FORD Ka 1.3. 60k, 2 owners, p/steering, low tax & ins, ideal 1st car at only £2995
- 03 ALFA ROMEO 147 2.0 Lusso. fsh including belts, alloys, leather, a/c, cd system, desirable model ... £2995
- 03 CITROEN Saxo 1.4 Furio. 37k, fsh, in silver, e/pack, cd system, low tax and insurance £2995
- 52 HYUNDAI 1.6 S Coupe (Facelift). 90k, s/history, cd system, alloys, a/c, sports interior, low ins ... £3995
- 52 FORD Fiesta 1.25 Zetec 5 dr. 70k in factory black, sought after model £3495
- 52 PEUGEOT 307 SW 1.6. 55k, a/c, sports trim, huge boot, finished in silver £2995
- 52 VAUXHALL Corsa 1.0 Club. Low miles, pas, in flame red £2495
- 02 HONDA Civic 2.0 Type 'R' 70k, fsh, alloys, cd system, alcantara trim, 6 speed, awesome ... £6495
- 02 JAGUAR 2.5 S-Type Auto. 80k, fsh, alloys, a/c, multi cd, nice spec model £4995
- 02 VAUXHALL Zafira 1.8 Club Automatic. Low mileage, superb example, 7 seats, in steel grey met ... £3995
- 02 CITROEN Picasso 2.0 SX HDi. 59k, service history, a/con, cd system, fuel computer, multi-function wheel £3995
- 02 RENAULT Clio 2.0 172 Sport. 79k, fsh, Xenons, a/c, multi cd, half leather/alcantara, superb example at £3995
- 02 PEUGEOT 206 SW D/Turbo 2.0 HDi. 1 owner + Demo. Alloys. cd system, sports trim, super mpg ... £3695
- 02 RENAULT Scenic 1.6 Fidji. 48k, s/history, air con, alloys, multi-disc, half leather, twin sunroofs ... £2995
- 02 PEUGEOT 206 2.0 HDi D Turbo SW Estate. Average miles, fully loaded, alloys, practical and reliable. Yours for £2995
- 51 BMW 316 Ti Compact SE. Lady owner, service history, alloys, air con, multi-disc, cruise, reverse sensors, superb at £4495
- 51 HONDA Accord 2.0 SE. 78k, fsh, alloys, a/con, plush trim, cd sytem, super condition, ideal family car £2795
- 51 SKODA Fabia 1.2. 70k, fsh, e/pack, power steering, cd player, VW engineering at £2495
- 51 FORD KA 1.3. 48k, lady owner, fully colour coded, e/pack, low tax + ins £1995
- 51 FORD Fiesta 1.3 LX 3-dr. Only 61k, pas, in royal blue, only £1995
- Y JAGUAR 2.5 V6 X-Type. 90k, fsh, alloys, a/c, cd system, chrome pack, tremendous value £2995
- Y VW Golf 1.6 SE. FSH, lady owner, a/con, cd system, full e/pack, low insurance group £2995
- Y VAUXHALL Corsa 1.0 Comfort 16v. Lady owner, 50k, s/history, low tax + ins £2695
- Y DAEWOO matiz SE. 44k, s/history, e/pack, alloys, low insurance. Superb economy £1695
- X BMW 318 Ci Coupe. Lady owner, e/pack, c/control, alloys, multi function s/wheel £3995
- X RENAULT Clio 2.0 Sport. 80k, leather/alcantara trim, a/con, alloys, cd system, front fogs £2995
- X LAND ROVER 1.8 XEi 3-dr. Alloys, air con, sunroof, two tone leather, alloys, lovely example ... £2995
- W HONDA Civic 1.4S Hatch. 90k, FSH, alloys, air con, sports interior, CD system, low tax & ins ... £2395
- W VAUXHALL Omega 2-litre GLS Auto. Very clean car, superb value in steel blue, only £1295
- V VW Bora 2.0 SE 80k, s/history, alloys, climate, e/pack, plush trim. German engineering at ... £2495
- V ROVER 416 Saloon. S/history, e/pack, plush interior, ideal family saloon £1295
- T VOLVO C70 2.4 Auto. Half leather, alloys, a/con, cd, hard to find at £1995
- T FORD Mondeo 1.8 TD Di Ghia Estate. Superb order with only 2 owners, top of range model ... £1495
- S FORD Ka 1300. 70k, pas, jazzy trim, lovely example, low tax & ins £1395
- R TOYOTA Avensis 1.8 GS Hatch. 86k, s/history, a/c, cd player, e/pack, low ins, lovely car ... £1495
- N VW Corrado 2.9 VR6. Alloys, heated leather, e/roof, cd player, rare and desirable at ... £2995
- N SAAB 93 S Convertible Auto. leather, alloys, a/c, lady owner, nice example £2495



54 FORD Focus 1.8 TDCi Zetec Service history, upgrade alloys, cd system, a/c, superb mpg.



05 CHEVROLET Lacetti 1.6 SX 35k fsh, alloys, cd player, air con, super car



02 DAEWOO Tacuma 1.6 SX Lady owner, 60k, alloys, a/con, cd player, e/pack, spacious MPV, superb.



03 CITROEN Saxo VTR 1.6. 74k, superb example, low ins group.



04 RENAULT Megane 1.6 VVTi Dynamique Cabriolet Coupe. Glass sunroof, full sports leather, only 40k with fsh, superb example



05 VAUXHALL Corsa 1.2 Design Lady owner, 60k, e/pack, cd system, a/con, low tax and insurance.

Visit us at www.compactcarswales.co.uk

01656 767606

**WATERTON ROAD •
BRIDGEND • CF31 3YY**



**SAT NAV
USERS**

CF31 3YY



GEM sport

Latest tables in the Vale Junior Football League

THE latest tables in the Vale Junior Football League show some close title races.

In year-9 Dinas Powys A lead Llantwit Juniors A and Cadoxton Imps by a single point. A single point separates Dinas Powys, in the year-10 table, from Barry Town.

But some teams are building up healthy leads for so early in the season.

In year-7 Llantwit Juniors lead Porthkerry Panthers by nine points; in year-8 Cogan Coronation A lead Sully Sports A by six points, while in year-11, Llantwit Junior are runaway leaders from Sully Sports A by nine points.

Year 7 (under-12s)	P	HOME			AWAY			Pts
		W	D	L	W	D	L	
Llantwit Juniors A	11	7	0	0	4	0	0	33
Porthkerry Panthers	9	4	0	0	4	0	1	24
Dinas Powys A	10	3	1	0	3	1	2	20
Holton Road	11	3	0	3	2	2	1	17
Cogan Coronation A	8	3	1	1	2	1	0	17
Cadoxton Imps	8	1	1	1	4	0	1	16
Sully Sports A	10	3	1	2	2	0	2	16
Barry Eagles	10	5	0	1	0	0	4	15
Park Lions	9	3	1	1	0	0	4	10
High St Harriers	10	2	0	1	1	0	6	9
Cowbridge Town	10	0	0	5	1	1	3	4
Sully Sports B	11	0	0	6	0	0	5	0
Cogan Coronation B	7	0	0	2	0	0	5	-4*

*denotes four points deduction

Year 8 (under-13s)	P	W	D	L	W	D	L	Pts
Cogan Coronation A	11	5	0	0	6	0	0	33
Sully Sports A	10	4	0	1	5	0	0	27
Island Marine	11	4	1	0	4	0	2	25
Llantwit Juniors A	13	4	0	2	3	2	2	23
Cogan Coronation B	12	4	1	2	3	0	2	22
Dinas Powys A	10	3	0	2	4	0	1	21
Penmark Utd	10	5	0	1	2	0	2	21
Vale Wanderers	11	4	0	2	2	1	2	19
Wenvoe Colts	11	2	1	2	4	0	2	19
Penarth Town	9	1	1	2	3	0	2	13
Sully Sports B	12	2	0	5	0	1	4	7
Dinas Powys B	10	0	1	4	2	0	3	7
Holton Road	11	2	1	2	0	0	6	7
Porthkerry Panthers	11	0	0	5	1	2	3	5
Cowbridge Town	9	0	0	4	1	1	3	4
Llantwit Juniors B	13	0	1	6	0	0	6	1

*denotes six point deduction

Year 9 (under-14s)	P	W	D	L	P	W	D	L	Pts
Dinas Powys A	10	3	0	1	5	1	0	0	25
Llantwit Juniors A	8	4	0	0	4	0	0	0	24
Cadoxton Imps	9	4	0	1	4	0	0	0	24
Sully Sports A	11	3	1	1	4	1	1	23	
Holton Road	10	3	1	1	3	1	1	20	
Cogan Coronation	8	2	0	2	4	0	0	18	
Sully Sports B	12	2	0	3	4	0	3	18	
Barry Bluebirds	11	2	1	3	2	0	3	13	
Barry Eagles	10	2	0	3	1	0	4	9	
Llantwit Juniors B	13	1	1	6	0	0	5	4	
Dinas Powys B	12	0	0	6	0	0	6	0	
Cowbridge Town	10	1	0	4	0	1	4	-2*	

*denotes one point deduction

Year 10 (under-15s)	P	W	D	L	W	D	L	Pts
Dinas Powys	9	4	1	0	4	0	0	25
Barry Town	10	5	0	1	3	0	1	24
Cogan Coronation	10	3	1	0	4	1	1	23
Llantwit Juniors	9	5	1	0	1	1	1	20
Sully Sports A	11	3	0	3	2	3	0	18
Barry AFC	11	3	1	1	1	0	5	13
Cowbridge Town	11	1	1	4	2	0	3	10
Sully Sports B	10	2	0	2	0	0	6	6
Cadoxton Imps	10	0	0	4	2	0	4	5*
Barry Eagles	9	0	0	4	0	0	5	0

*denotes one point deduction

Year 11 (under-16s)	P	W	D	L	W	D	L	Pts
Llantwit Juniors	11	5	0	1	5	0	0	30
Sully Sports A	7	3	0	0	4	0	0	21
Porthkerry Panthers	7	3	1	0	3	0	0	19
Cogan Coronation A	8	2	0	1	3	1	1	16
Cogan Coronation B	10	2	0	2	2	0	4	12
Vale Wanderers	9	3	0	2	0	0	4	9
Dinas Powys	8	2	0	3	1	0	2	9
Sully Sports B	8	1	0	3	0	0	4	2*
Cowbridge Town	7	0	0	3	1	0	3	2*
Holton Road	7	0	0	4	0	0	3	0

*denotes one point deduction

*denotes one point deduction

Local trainer all set for new season

ON AND OFF THE TURF with Brian Lee

ABERTHIN'S Abbi Vaughan, who saddled a dozen winners last season, just can't wait for the Welsh point-to-point season to get under way as she has a number of exciting prospects.

These include a five-year-old bay gelding called *Master Charm*, owned by Brett Lloyd and David Lovell, son of the legendary bookmaker John Lovell, who introduced computerised betting to British racecourses.

A former inmate of Welsh trainer Carl Llewellyn, *Master Charm* is still a maiden and could become a contender for the Dunraven Bowl at Chepstow, sponsored by Bridgend's David Brace.

Another exciting prospect is *Micks Prospect*, a seven-year-old bay gelding who last season won three of his four races and is owned by Cowbridge estate agent Robert Thomas.

The lightly-raced *Carrick Oscar*, a nine-year-old bay gelding, sold out of Charlie Mann's stable last January and a winner of a chase during the summer months, owned by optimracing.co.uk, could pick up a hunter chase or two and it would be no great surprise to see him lining up for the Aintree Foxhunters.

The German-bred *Urban Tiger*, owned by Rachel and Jeff Frost, is another one to look out for and appears to act on any going. A winner of two races on the flat when trained by Alan King, this six-year-old bay gelding won a handicap chase at Huntingdon in 2008.

King's Euro, a former winning point-to-pointer who was outclassed when running in the

2008 Coral Welsh National at Chepstow, is owned by retired Rhondda greengrocer Norman Jones. Still only nine years old, *King's Euro* could be one to watch if lining-up for the Cheltenham Foxhunters' Chase.

Silver Story, a seven-year-old grey gelding, also owned by Mr Jones and a winner of two point-to-points last season, could also pick up a hunter case or two.

Meanwhile, Tonyrefail's Phil Williams is expecting *Up The Boreen* to win again for Llantwit Major estate agent Tony Brown, while a new arrival in the yard is the six-year-old *Diamondaire* who has been placed in hurdle races in Ireland.

Please email your news to Brian at leebrian@btinternet.com or phone him on 02920736438.

Can Barry maintain 100 per cent record when fixtures pile up?

BARRY RFC have a backlog of six unplayed fixtures to carry into the new year, because clubs have been unable to field teams against Barry or, unsurprisingly, because weather conditions have made grounds unplayable.

The inevitable result will be a congested and difficult run-in towards any going. A winner of two races on the flat when trained by Alan King, this six-year-old bay gelding won a handicap chase at Huntingdon in 2008.

King's Euro, a former winning point-to-pointer who was outclassed when running in the

Barry RFC have a robust player group and their restructured coaching arrangements will allow the club to show its mettle when the fixtures come in thick and fast at the end of the season. Andrew Prosser has assumed the role of coaching development from mini level to the senior teams, while Darren Gibbon, who remains first team coach, is joined by former Barry player Matthew George, who has been appointed forwards coach.

Another former player who only retired from playing a short while

ago, Rhidian Scott, has been appointed as second team coach. The club would like wish all of them the best of luck in their new coaching positions.

On the playing side, it is a case of so far so good in that the Reservoir Field outfit have won every league game, the single blemish being a loss in the cup competition.

With such a successful run to their credit, it may sound churlish to be critical of the efforts of both coaches and players.

However, if Barry are to challenge for promotion, they must develop a ruthless streak and exhibit it week in, week out.

There is absolutely no doubt that they have sufficiently talented players in adequate numbers to make the dream a reality.

Many players have made a significant contribution to the first half of the season, but some have truly stood out. Brown, George and Jones in the back row, Williams at lock and front rowers Brown, Hollister and Hunt have all caught the eye.

The half-backs of Lee and captain Cummings

have generally operated smoothly, but still need to release the outside backs in a more rapid and consistent manner.

Hardy, Taylor, Evans and Ryan have proved they can do damage to the opposition if they receive the ball in the right area and with good timing.

The first few matches of this year will be difficult and against teams above Barry in the league, but this group of players have no reason to be overawed, as no other side has equalled their record in 2009.

If Barry RFC can reproduce the best of their early performances, it is their opponents who will have cause for concern!

CO

Barry students on the grid for F1 in schools decider

BCS RACING, a team of students from Barry Comprehensive School, are putting the finishing touches to their Formula One car in the hope of taking the prize in the first F1 race of the year.

This weekend, they will line up on the grid for the F1 in Schools National Finals at the Autosport International Show in Birmingham.

Each team of students has won through from 10 regional heats to secure their place at this prestigious event, with the ultimate prize of university scholarships for the overall World Champions.

The Formula One in Schools Technology Challenge is a global competition taking place in more than 30 countries.



The 2009/10 UK final will be hotly contested by some of the best young budding engineers from schools around the country, with each team presenting

ABOVE: The BCS Racing team, who will be competing in Birmingham this weekend.

and racing their unique design of a scale model race car of the future.

The stakes are high for the students, not only for the pride of representing their school in this prestigious competition, but also for the accolade of being crowned F1 in Schools champion, which brings with it the opportunity to compete internationally for the Bernie Ecclestone Trophy and scholarships to City University, London.

The regional heats held late last year

proved highly competitive. The highlight of the regional and national finals is the time trials, with the teams racing their own car on a specially designed 20-metre track to test the speed of each F1 model.

Powered by compressed air, the cars are fired down the track at a scale speed equivalent to more than 220 mph. With the world record standing at just over one second, it's fast and furious action on the race track for these engineering protégés.

ALISON HILL

Rain or shine...



Sandra Bale and staff extend a warm welcome to beginners and experienced golfers alike. See our resident golf professional, Steve Gough, for expert instruction.

- Nine-hole pay & play
- No membership fees
- No handicap necessary
- All weather floodlit driving range
- Professional tuition available
- Junior Group Lessons
- Senior and Ladies' Mornings
- PGA-approved golf shop
- All equipment available for hire
- LOYALTY SCHEME AVAILABLE

EXCELLENT VALUE

Weekdays: 9 holes £6.00, 18 holes £9.00

Weekends and bank holidays:

9 holes £7.00, 18 holes £10.50

Tel: 01656 647926

We're easy to find - off A48, opposite Bridgend Ford

Induction or improvement £15 PER LESSON
£42.50 for 3
£80.00 for 6
Why not Book a course?

SPECIAL SAVER
Weekend Golf
or
Weekday Rates



LOCAL CALOR GAS DEALER
FREE DELIVERY 7 DAYS A WEEK
T 07788 530244